

The pride of North Carolina's electric cooperatives

Volume 47, No. 2 February 2015

Carolina country



New Views

INSIDE:

Your best photos

Co-ops respond to change

The electric car experience

PERIODICAL

Your Touchstone Energy® Cooperative

Piedmont EMC offers tips on energy savings this winter—pages 25–28

SAVE When You Grow A Zoysia Lawn From Plugs!

From Plugs

To A Fabulous Lawn



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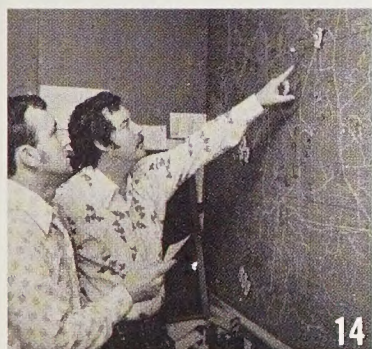
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ON THE COVER

Ben Wester of Wake Forest, a member of Wake EMC, took this photo when his family visited Dillsboro for a weekend. "We started the day early one morning by stacking these river rocks on the shore of the Tuckasegee River. In the ancient tradition of the Inuits, stacked rocks were used to show travelers that they were on the right path." See all photos selected from this year's photo contest beginning on page 17.

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Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Corrections

We apologize for an error we made in the Elegant Pork Marsala recipe published on January's "Carolina Kitchen" page. The recipe calls for 5 teaspoons of cornstarch, not 5 tablespoons. The corrected version is on our website: carolinacountry.com

The illustration that appeared with "Thank the hardworking bees" [January 2015] is a stylized hornet's nest, not a hive for domesticated honeybees. We know better.

It's a hoax

It is clear to me that readers of Carolina Country ["Viewpoint," January 2015] are not aware of the results of the climate change study at the University of East Anglia in Great Britain in which they tell the world that so-called climate change is the world's greatest current hoax. It is also clear to me that corporations fear an administration bent on eliminating fossil fuels—which this country has more of than Saudi Arabia—while wasting American taxpayer dollars on "renewable energy." How does energy get renewed?

John Wilson, Raeford, Lumbee River EMC

It's a fraud

Regarding your editorial, "Striking a Balance," in the January 2015 issue, the comments from readers you chose to include portray a complete and unquestioning acceptance of the global warming narrative being hammered by politicians, academics and pundits in the mainstream media. The global warming narrative has been exposed as a fraud on the public.

Considering what we know of EPA overreach in developing standards, we should challenge and question the EPA at every turn, not embrace their junk science.

And I certainly do mind paying more for energy so that environmental zealots can feel good about themselves. Since the environmental awakening in the 1970s, this country enjoys the highest quality air and water of any industrialized nation, and leads the world in improving air quality.

Bob Ingram

Tow sacks

In the January 2015 issue there's a small blurb on page 26 about tow sacks ["Joyner's Corner."] Tow refers to the fiber the burlap is made from, like hemp or flax. Light-haired children were often called "tow-headed," again referring to the light fibers from flax. Some communities called them "flaxen-haired." Growing up in Robeson County, we always called these burlap bags tow sacks. I believe the word tow may have German origins.

Kathy Barnes, St. Pauls, Four County EMC

Bromo Seltzer blue

Recently I found three small cobalt blue bottles about 3 to 4 inches in height at a baseball field in Vance County.

My mind went back a good 50 years remembering my Mama and the little blue bottle whenever she had a headache. It contained a white powder she mixed with water that would fizz and jump around in the glass.

I remembered my Daddy with the little blue bottle on Sunday mornings trying to get his nerves and stomach together after a night of catfishing with his buddies. I thought it was a shame to throw away such a pretty little blue bottle, but I was never allowed to retrieve it for keeping.

If you're guessing these little blue bottles are Bromo Seltzer bottles, you would be right. The Bromo Seltzer was patented by Isaac E. Emerson from Chatham County. He moved to Chapel Hill in 1868 where he graduated from UNC as a chemist. The Bromo Seltzer was discontinued in 1975.

With six children and Daddy working to provide for us, I'm sure Mama appreciated her Bromo Seltzer.

Jean Burger, Kittrell, Wake Electric

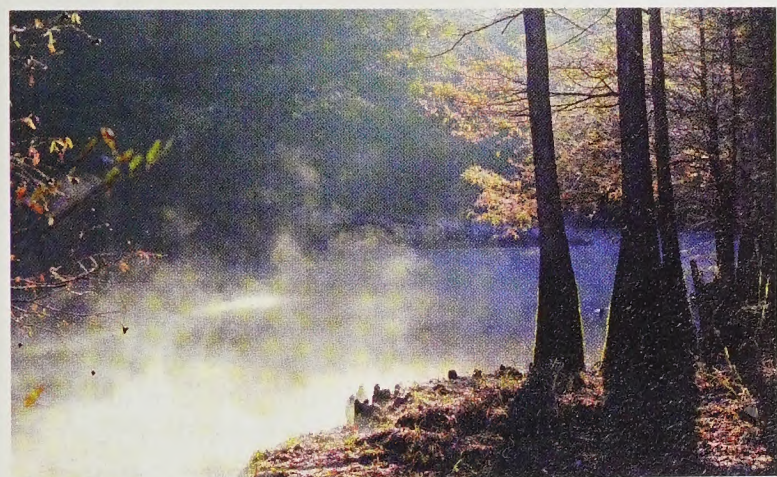




Michael E.C. Gery

Tundra swans

Tundra swans at dawn near Greenleaf Nursery in Edgecombe County. They spend the day foraging in nearby plowed fields. See abundant flocks through March at Pea Island, Mattamuskeet, Pocosin Lakes and Pungo wildlife refuges. See a slide show of these birds at carolinacountry.com



November mist

The Beaver Dam area along Hwy. 242 near the Cumberland and Sampson county line.

Dale Ackerman, Roseboro, South River EMC

Lesson learned

My father is the man who makes up the Carolina Country puzzles and cartoons in "Joyner's Corner." I'm not much of a puzzle master, but he taught me many other things.

In the 1960s, we lived in Myrtle Beach and Dad published the Sandpiper Magazine. He and I delivered the Sandpiper to about 100 motels, restaurants and gift shops throughout town. Every Saturday, to start work, we picked up boxes of each issue at the bus station.

While Dad I moved the boxes, I wanted to buy a Coke (10 cents) and play pinball (a quarter), but Dad would never advance me my allowance or pay. I could only get what I wanted by saving my money from the week before. Most Saturdays, it was no pinball and no Coke 'til after work.

Today, I'm very good at saving money if I invest it or put it away where I can't see it, and I know those early lessons in resisting temptation helped me to learn that lesson.

Ann Moss Joyner, Mebane, Piedmont EMC

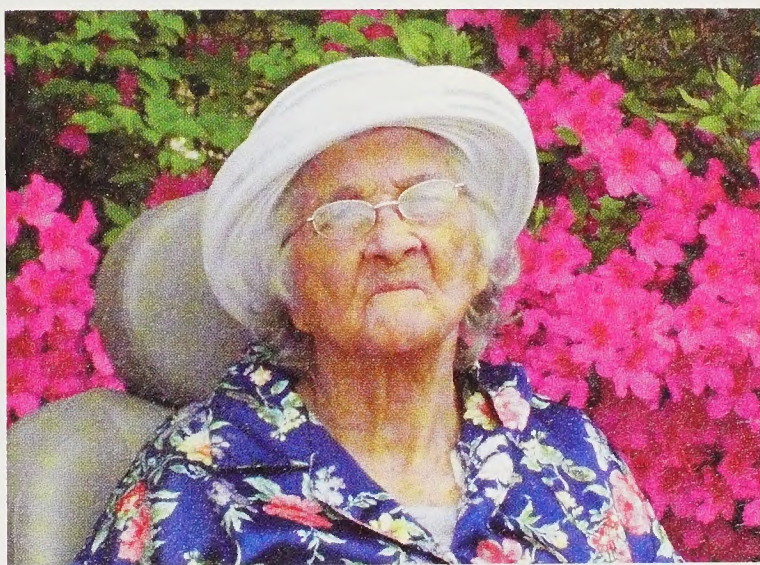
Mom and her hats

My mother, Mrs. Carrie Mae Jones Cummings, loved hats. It did not matter the color or design, she simply loved hats. She wore hats while attending church, fishing and shopping. Seldom did she leave home without one.

Mom was placed in a nursing center in December 2013 after an extended hospital stay, and several of her hats were taken to the nursing center. She passed away August 26, 2014, at the age of 95. While going through her personal items, my brother and I decided to donate about 100 hats to friends, family and the ladies at our church, Zion Hill Baptist. We miss Mom, but we find comfort knowing somebody is enjoying the hats as much as she did.

Mom was a longtime member of Lumbee River EMC in Red Springs and loved to read Carolina Country.

Gainer Cummings-Dever, Shannon, Lumbee River EMC



The pictures show my mother in one of her hats and members of Zion Hill Baptist Church enjoying her hats.

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Joe Winfree, Mr. Rolesville

by Lynn House May



That is me with Joe back in September 2001. I worked at Rolesville as town clerk until April 2012. I retired from the town and it was the best job!

In April 1990 I went to work with the town of Rolesville, and by August Mayor Joe Winfree and the Town Board hired me as the town clerk. It was best job I ever had. Mayor Winfree and I worked together in the two-room town hall for about 12 years. He introduced me to all 600 citizens (at that time), because he knew everyone. If he didn't know someone, he would soon introduce himself, find out their life story and welcome them to Rolesville.

Mayor Winfree—or “Joe” as everyone called him—was a hands-on mayor. I have seen Joe meet with all levels of government officials, meet with Wake Electric staff, help a citizen cut up and haul off a tree after a storm, deliver garbage carts, ride on the garbage truck to count carts, read water meters, check on homebound

citizens, and help with Rolesville Fire Department barbecues. Once he worked the pooper-scooper so that horses could be in the town's parade.

Joe loved his daughter Sissy (aka Ashlyn), his son Scott and his wife Rose. He told me how they found Rolesville while out for a drive from Raleigh and knew they had to move to the small town north of the city. Joe also loved his dogs, Abby and Gabe. It was not unusual to see one of those big dogs lying next to Joe's desk at town hall.

I joked with Joe that he would ask anyone for anything if he thought it could help Rolesville. I told him sometimes people would give him what he wanted just to get rid of him, and he would just throw back his head and laugh. Once Joe and a co-worker put a “For Rent” sign in the yard of my

I joked with Joe that he would ask anyone for anything if he thought it could help Rolesville.

newly built house, and we laughed because someone called to rent it.

I have fond memories of working with Joe those 12 years before he moved to Lansing, Ashe County, to become a “mountain man.” He loved his home there, too. Even though years and miles kept him away from Rolesville, he is remembered for the many improvements he helped bring to the town. Joe died August 16, 2014, at his home in the mountains.

I will never drive through Rolesville without imagining him there at the old town hall, the Rolesville Fire Department, the ballpark, cutting grass at his home on South Main Street. 🇺🇸

Lynn House May lives in Castalia and is a member of Wake Electric.

Send Your Story

If you have a story for “Where Life Takes Us,” about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

- We will pay \$100 for those we can publish.
- Send about 400 words.
- Pictures must be high resolution or good quality prints.
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- Include a stamped, self-addressed envelope if you want anything returned.
- Tell us your name, mailing address, and the name of your electric cooperative.
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With the release of the dynamic new *Compendium*, those boxy, plastic wrist calculators of the past have been replaced by this luxurious LCD chronograph that is sophisticated enough for a formal evening out, but rugged and tough enough to feel

at home in a cockpit, camping expedition or covert mission.

The watch's extraordinary dial seamlessly blends an analog watch face with a stylish digital display. Three super-bright luminous hands keep time along the inner dial, while a trio of circular LCD windows track the hour, minutes and seconds. An eye-catching digital semi-circle animates in time with the second hand and shows the day of the week.

The watch also features a rotating bezel, stopwatch and alarm functions and green, electro-luminescence backlight. The *Compendium Hybrid* secures with a rugged stainless steel band and is water-resistant to 3 ATM.



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Remember Kay Yow and support cancer research

On Feb. 22, NC State will take on Duke at the 10th annual Hoops 4 Hope women's basketball event in Raleigh to raise awareness and funds for the Kay Yow Cancer Fund. North Carolina's electric cooperatives are supporting this initiative for the 10th year in a row.

Kay Yow, former NC State women's basketball coach, was first diagnosed with breast cancer in 1987 and passed away on Jan. 24, 2009. As they say at the Kay Yow Cancer Fund, "Coach Yow did not lose her battle with breast cancer; she simply turned the battle over to each of us."

For more information or to buy tickets, visit gopack.com. Be sure to wear your "pink" when attending the event.



Here's help for fighting the winter chills

- Wrap exposed pipes and water heaters that are in unconditioned spaces.
- Change your air filter once a month.
- Keep drapes closed at night and keep those that don't get direct sunlight closed during the day, too.
- Keep the fireplace damper closed when it is not in use. Keeping it open can bring cold air into the room.
- Caulk around the fireplace hearth, and caulk or weather strip around doors and windows.
- Call your electric cooperative to ask what kinds of options might be right for you. Speak to an energy efficiency expert who can help you understand how weather and your use patterns affect your bill.

But your bill may still be higher than normal in winter months. Why?

- The weather makes a big impact on electric bills, accounting for nearly half of your bill.
- Even those with the most efficient HVAC systems will see more use in extreme weather.
- When extreme cold temperatures hit, our heaters work overtime. Even if you set your thermostat to our recommended 68 degrees in the winter, when it is 19 degrees outside, your system has to work hard to make up that 49-degree difference.

POP QUIZ

LED bulbs use about 20 percent less energy than traditional incandescent bulbs, but how much longer do they last?

- A** 10 times longer than incandescent bulbs
- B** 15 times longer than incandescent bulbs
- C** 25 times longer than incandescent bulbs

Answer: C



Why vegetation management matters

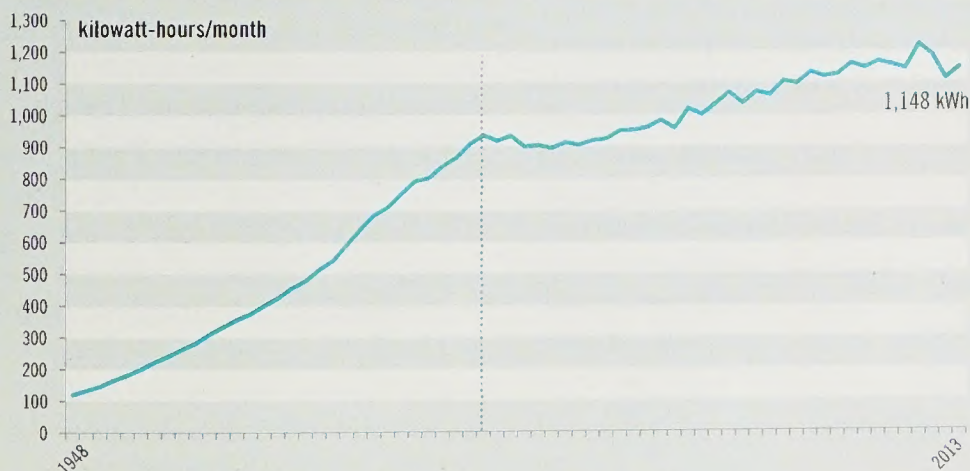
Maintaining power line right of way is crucial for your co-op to provide you with safe, reliable electric service.

A right of way (ROW) refers to a strip of land underneath or around power lines that your electric cooperative has the right and responsibility to maintain and clear. Trees must grow at a distance far enough from conductors where they will not cause harm to individuals or disruption to electrical service. A general guideline of maintaining a safe ROW is 15 feet of clearance on either side of the primary conductors and 20 feet of overhead clearance above the highest wire on the pole.

Clearing the ROW is critical to keeping your lights on. An average of 15 percent of power interruptions occur when trees, shrubs or bushes grow too close to power lines.

Remember to contact your electric cooperative if you decide to trim or remove trees near any power service or line. And never trim a tree in the right-of-way zone on your own.

Annual residential electricity consumption 1948–2013



The early years of the rural electric cooperative program saw large gains in average residential electricity usage as consumers added appliances and air conditioning to their homes. From 1948 to 1978, the average annual increase was over 7 percent. Since 1978, however, the annual growth rate has averaged less than 1 percent. Though consumers continue to add electricity-using devices to their homes, the impact on consumption is often offset by improvements in energy efficiency as older appliances are replaced.

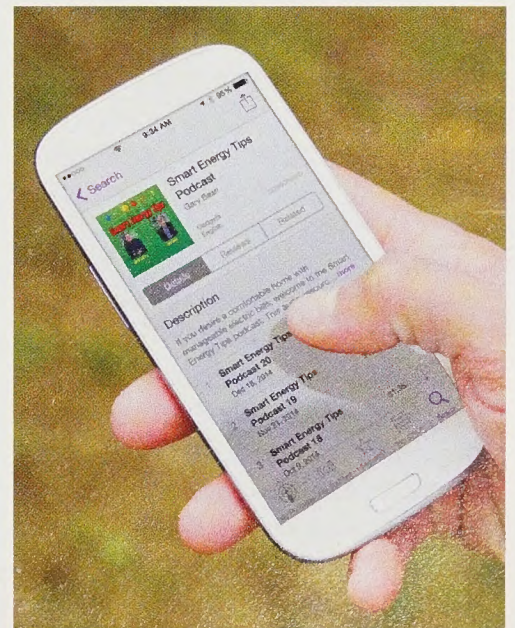
Source: Rural Utilities Service, Cooperative Finance Corporation, 2014

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Try This!

Ductless heat pumps

A recent and efficient technology for heating and cooling

Ductless heating and cooling systems are a great option for many homes. Also called “mini-splits,” ductless heat pumps have been around for more than 30 years and are commonly used overseas. The technology has gained attention as U.S. homeowners seek more energy-efficient products.

For a typical U.S. home, heating and cooling accounts for nearly half of the energy bill. Ductless heat pumps can offer significant long-term savings compared to traditional heating options.

According to the NW Ductless Heat Pump Project, “The average cost of an installed ductless heating and cooling system with a single indoor heating/cooling head is between \$3,000 and \$5,000. Additional heads and greater heating and cooling capacities will increase the cost of the system. Other factors that will affect the cost of an installed system include manufacturer and model, refrigerant



On the wall is the indoor head of a ductless system.

line-set length, difficulty of installation and contractor rates.”

How do they work?

A ductless heat pump is a heating and cooling system that does not require air ducts. A compressor sits outside the house, while inside the house there are one or more air-handling units, called “heads,” that are mounted high on a wall or ceiling and are connected to the outdoor compressor by two refrigerant lines. Each indoor head is located in a heating and cooling zone—like a living space or bedroom—that can be controlled separately with a dedicated thermostat. When in use, the heads produce a whisper-like purr as a fan blows heated or cooled air into the space.

Ductless systems are very efficient—using 25 to 50 percent less energy than baseboard heat and ducted heat pumps.

What factors contribute to energy savings?

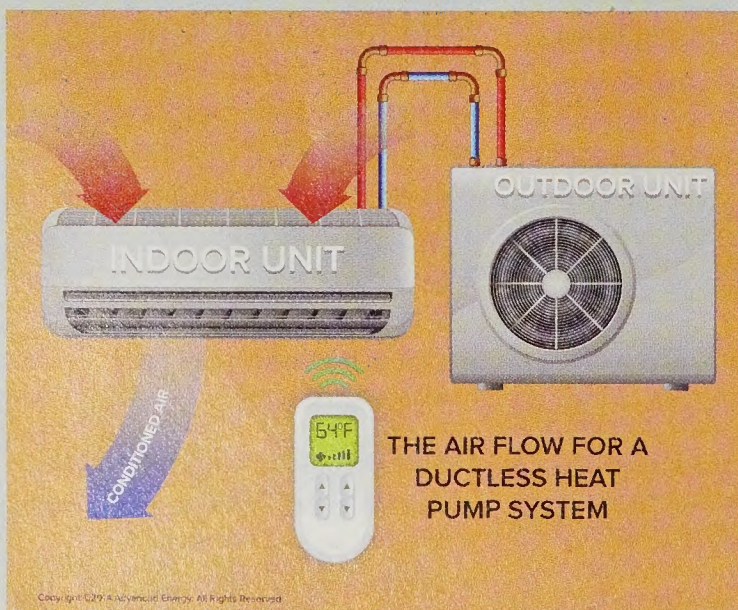
Modern technology

Ductless systems have special motors, fans and controls that minimize the system’s electricity use. The compressors and interior fans, for example, can ramp up or down depending on the immediate heating and cooling needs, thus saving dollars and maintaining more consistent and comfortable temperatures than traditional heat pumps. Special components also make ductless heat pumps able to operate in much colder temperatures than traditional heat pump systems. Though efficiency decreases as the outdoor temperatures drop, systems will still keep homes affordably warm.

No ducts

The U.S. Department of Energy estimates that ducts can account for up to 30 percent of heating and cooling loss. So for every dollar you spend on a ducted heating and cooling system, 33 cents of that dollar is possibly spent unintentionally heating and cooling your basement, crawl space or attic.

—Advanced Energy



For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM

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– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your

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Cooperatives respond to changes in the industry

Until recently, the business of providing electric service had not changed much since the 1930s and 1940s when electric cooperatives formed in North Carolina. Cooperatives have supplied electricity from plants they own or from wholesale power purchase agreements with generating utilities such as Duke Energy and Dominion Power. Co-ops have distributed that power to households, businesses and communities across a system of substations, wires and poles that the co-ops own and maintain. Since the early days, meters have measured the electricity members consume, and members have paid each month for the electricity they use.

Now, the business of producing, delivering and managing electricity is changing. An example that you can see in your own community are the houses or farm buildings generating electricity from solar collectors on their roofs. Another example is the automated meter you may have on your building that not only measures and reports the electricity you use, but also helps the co-op know when your power is interrupted and where the fault occurred. Other examples include options to pre-pay for your electricity, and services that help you monitor and control how much power you use day to day, even hour to hour.

In some other regions of the U.S., consumers can buy electricity from a number of providers competing for their business, including communication services, home security businesses, even home improvement retailers who install solar electric systems on houses and sell the power.

How are electric cooperatives responding?

Your electric cooperative has advantages for doing business in this changing market: cooperatives are local, member-focused, not-for-profit, and flexible. The board of directors elected by co-op members is composed of people who live, work and do business in the local communities, which is why co-ops naturally help members to improve their quality of life. An electric cooperative's primary purpose is to deliver electricity that is reliable, safe and affordable, so a co-op can focus on the best ways to do that:

1. Understanding your expectations for excellent service.

You expect your electric cooperative to keep the power on every minute of every day, for your lights, hot water, heating and cooling, appliances, cell phones, computers. This is your co-op's main focus.

2. Helping to manage your energy costs.

As a trusted energy advisor, your cooperative helps you understand how you use electricity and what you can do to keep your bills as low as possible. This includes advice for finding efficient appliances, monitoring your usage, preventing energy waste, budgeting your payments, etc.



Electric cooperatives are placing "community solar electric" installations in their service areas and invite members to invest in renewable energy sources by buying or leasing solar panels from the co-op and sharing in the savings it provides for all co-op members. This shows a Pee Dee EMC facility near its Wadesboro office.

3. Welcoming innovation.

Cooperatives are known for studying trends in the power industry and adopting technology and business practices that make sense for their members. Among North Carolina's utilities, cooperatives lead the way in introducing automated metering and outage response systems, implementing efficiency in all aspects of the business, adding sensible renewable energy sources to their power supply, and offering online energy management systems, account information and payment options.

As the electricity industry world turns, cooperatives keep up with trends by maintaining their member focus, embracing innovation and staying flexible.

4. Keeping members involved.

As a service business owned by its members, a cooperative by nature responds to members. Community meetings, information exchange, regular communication, annual elections—they have always been part of how co-ops do business. Communication and involvement is even more important as the business evolves.

5. Caring for communities.

Your co-op was formed by its communities, so its loyalty is to your communities: local education, business development, environmental stewardship, support for all levels of society.

6. Restoring your power.

When outages do occur—from major storms or minor interruptions—cooperatives kick into gear and get the lights back on sooner than any other electric utility can do it. ⚡

This is the 22nd in a series produced by the North Carolina Association of Electric Cooperatives. See the entire series at www.carolinacountry.com

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unique piece of American natural history continues to erupt with gorgeous green fire.

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A leader in “the best program that serves this country”

by Michael E.C. Gery

After 35 years working in the electric cooperative business, Bob McDuffie retired. A few months later, he was back working in the business, and he stayed another 17 years. Do you think Bob McDuffie likes this kind of work?

“Next to the military,” he said, “electric cooperatives are about the best program that serves this country.”

Ever since cooperatives formed to supply power to rural communities when no one else would do the job, McDuffie believes, they have remained focused on members, treating everyone equally and improving their quality of life. When he moved on in January to pursue such interests as land development, chasing wildlife and grandchildren, the always affable, always straightforward Bob McDuffie said he’ll miss influencing change in the industry, “but I’ll be watching from the sideline.”

As a 20-year-old with a degree from Randolph Technical College, he got a job in April 1961 paying 90 cents an hour on the Randolph EMC line crew in Asheboro. Three of his cousins and an uncle worked there at the time. “Back then, we didn’t know what nepotism was. Couldn’t spell it. Still can’t spell it.” Alton Wall, a legend among co-ops, was general manager. When he heard that young McDuffie had some ideas, he confronted him: “So you don’t like the way I’m runnin’ this train?” After some talk, Bob came right out with it: “The only job here I’m interested in is yours.” By 1977 he had that job, after serving as manager of engineering.

Early on at Randolph EMC, McDuffie demonstrated his skills as a manager, earning respect and trust

from employees, even to the point where a labor union dissolved itself. He was a manager who went out with his crews to rebuild after storms, including to several southern states where co-ops had been devastated. He was a manager who emphasized employee education and subsidized it. He was a “Boss of the Year” in Randolph County.

Among his achievements was representing for 10 years North Carolina’s cooperatives on the National Rural Electric Cooperative Assn. (NRECA) board. He chaired two national committees, including a major one that streamlined what had become a labyrinth of regulations at the co-ops’ major lender at the time, the Rural Electrification Administration. Mike Ganley of NRECA worked many hours on that with McDuffie, “a no-nonsense guy who knew what we had to do and got it done,” he remembered. “It’s amazing what can get done when you don’t care about who gets the credit.”

About a year after he retired from Randolph EMC in 1996, the general manager at Pantego-based Tideland EMC died suddenly, and the Tideland board asked McDuffie to run the co-op and help find a successor. Not long after that, the Edgecombe-Martin County EMC board asked him to do the same for that co-op, and he did. In 2002, after the co-op restored its Tarboro headquarters that flooded in 1999 during Hurricane Floyd, the CEO job came open again. McDuffie agreed to serve again as interim CEO. He stayed 12 years.

“This is the easiest job in the world,” he said wryly, “if you don’t try to make it hard. And if you know what you’re doing, have confidence in your people,

He retired in January after 17 years as CEO for Edgecombe-Martin County EMC. But from 1961 to 1996 he worked with

Randolph EMC in Asheboro, including as manager of engineering (pointing in photo with Ralph Williams), retiring as CEO.



let them do their work, and have the guts to deal with it if they don’t.”

A devoted outdoorsman, McDuffie at a staff meeting one day wondered why the opossum survives so well in the EMC-EMC service territory. He asked staff to study the matter and report back. Months later, he expressed disappointment that he never got the report. Eddie Stocks, longtime staffer and now a vice president, went to work on it with some associates. The 15-page “Opossum Report” holds a revered place in the co-op’s archives.

Edgecombe-Martin County EMC employees have the co-op running in fine form, their boss said. “They can put it on cruise control.”

Board president Millie Lilley has an idea of why that is. “Bob has very high expectations of people,” she said. “He’s pleased when things run well, and he says so to employees. Everyone wants to work for him, and they respect him.” She added that the co-op will remain in competent hands with recently named CEO Winston Howell, a staff member for more than 10 years. “Winston has had the benefit of learning from Bob,” she said. 

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carolina country scenes

A GALLERY OF YOUR BEST PHOTOS



①



②



③



④

Thanks to everyone who submitted pictures to our annual photo contest by the Dec. 15 deadline. The judges had the enjoyable but difficult task of choosing among about 600 photos of people and places throughout North Carolina. In addition to the images published this month, we'll run more of the pictures in a "Photo of the Month" feature beginning in the March magazine. More selections will appear as the "Photo of the Week" on our website (carolinacountry.com), where there's a collection of all pictures that have appeared there. And our  Facebook page is a place where we show even more pictures, including those you can post there yourself.

—The editors



① **Southport sun rise**

I stopped at the Southport Salt Marsh Walkway on a chilly December morning to watch the sun rise over Southport. I love the orange colors of the lights the boardwalk, the lights in town and the rising sun glow.

NICK NOBLE, SOUTHPORT, BRUNSWICK EMC

② **Web work of art**

Taking the dog out on a very foggy morning, I noticed a beautiful spider web in the corner of our deck. I was mesmerized by the beauty of the web, a reminder of how precious the simple things in life really are.

KIM MILLER, YOUNGSVILLE, WAKE ELECTRIC

③ **Barn beauty**

While traveling down N.C. Hwy 16 towards Lincolnton, I saw the sun rising over the hill behind a barn, just outside Conover.

BOB BELCHER, HOPE MILLS, LUMBEE RIVER EMC

④ **Worm envy**

At first I thought they were just fussing at each other, but then I realized the younger bird just wanted the worm.

ELEANOR ROBERTS, ASHEBORO, RANDOLPH EMC

⑤ **Farm family**

I took this photo of family members at a farm in southern Davidson County near Denton. It was used for the front cover of a novel I wrote.

BOBBY SCARLETT, DENTON, ENERGYUNITED





8

6 **Jumping spider pose**

I love spiders, so when I saw this jumping spider with his bright green, iridescent chelicerae against the red mulch in our yard, I had to get my camera. He seemed to pose for each picture, even as close as I had to get with my macro lens.

ERIKA YOUNG, SHANNON, LUMBEE RIVER EMC

7 **Waiting for a bite at Badin Lake**

This is at Badin Lake when my buddy and I were fishing on my uncle's boat.

CASEY SIMMONS, SOPHIA, RANDOLPH EMC

8 **Heading home**

Fishing is a way of life to many that live here on the Outer Banks just as it has been since long ago. Another thing that is just as it was long ago are the absolutely amazing sunrises and sunsets that you can see here on the island. Imagine coming home after a long day of work, surrounded by this.

LISA GROETSCH, AVON, CAPE HATTERAS ELECTRIC

9 **A photo of the photographer**

My sister and I enjoying the sunset at Ocean Isle beach.

BAILEY MARTIN, HUNTERSVILLE, BLUE RIDGE ELECTRIC



9



10

10 Cape Hatteras deer

As the sun sets at Cape Hatteras Lighthouse, the deer emerge to eat the tender grass in the parking area. I have been able to photograph them from the beach as they make their way to the top of the dunes.

CHRISTINE AMBROSE, CAMDEN, ALBEMARLE EMC

11 Wrightsville Beach sunrise

I am attending the University of North Carolina at Wilmington and have recently fallen in love with photography. Here is one of my favorite images, taken in Wrightsville Beach. It's early morning and the fishermen were out.

ANDY CONNER, WILMINGTON, RUTHERFORD EMC

12 Stream near Looking Glass Falls

A stream near Looking Glass Falls, Transylvania County.

CASEY SKORA, HOPE MILLS, LUMBEE RIVER EMC

13 Speckled bird

One day last spring my little sister told me to grab the camera and come outside with her. She showed me this bird that was sitting on some twigs, looking around.

ARIEL MAHONEY, HILLSBOROUGH, PIEDMONT EMC

14 Hatteras crab

In Frisco, Hatteras Island, during a Thanksgiving vacation.

LINETTE WILLIAMS, STONEVILLE, ENERGYUNITED

15 Pondering Price Lake

On our annual Blue Ridge Parkway trip, my youngest son, Ayden, was enjoying the view of Price Lake.

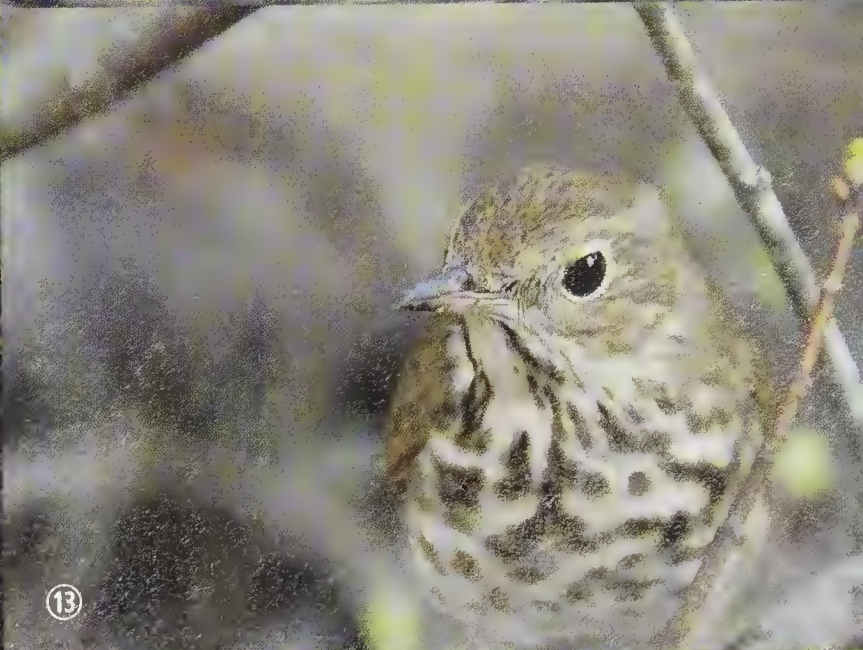
JOYCE HELTON, EAST BEND, SURRY-YADKIN EMC



11



12



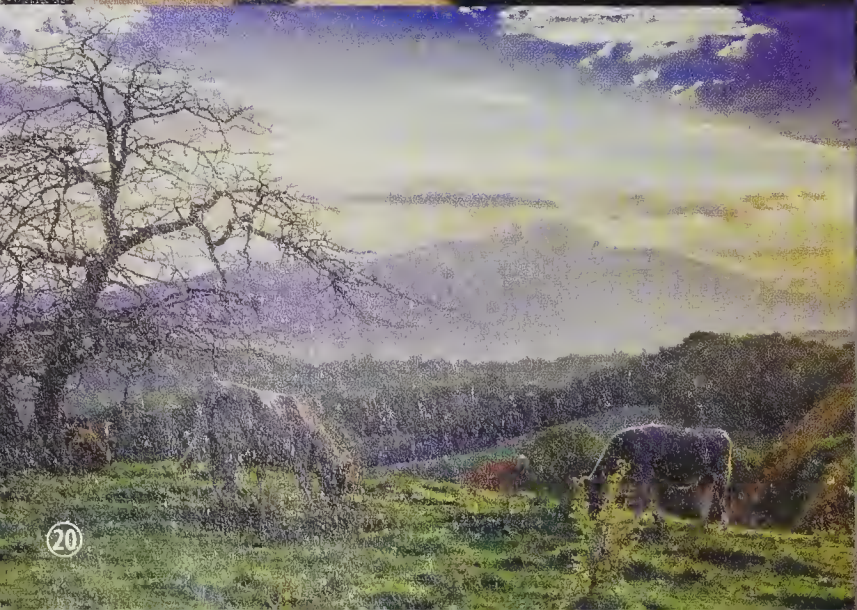
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14



15





16 **Changing leaves of fall**

This was in the fall along the Sanford Creek Greenway in Wake Forest. I feel blessed to live in a beautiful state where we don't have to travel very far to enjoy such beauty.

MIKE BITZENHOFER, WAKE FOREST, WAKE ELECTRIC

17 **Sweet sibling kiss**

Two of my great-grandchildren: Macy Mathis, age 5, and her brother Braden, age 2.

JANET MATHIS, NORTH WILKESBORO, BLUE RIDGE ELECTRIC

18 **A day well spent**

After the last swim at our favorite swimming hole, my husband took this picture while we were tailgating it back to our friends' house up the road for our end-of-summer BBQ. We had spent the day jumping rope with our kids and best friends.

LIZ DRAKE, DUNN, SOUTH RIVER EMC

19 **Nectar oasis**

A butterfly getting nectar from my flower garden.

GINA SULLIVAN, OCEAN ISLE, BRUNSWICK EMC

20 **Storybook setting**

My wife (seated in the middle of the photo) and I were at this spot near the Moses Cone House at Blowing Rock to watch a fall sunset. As darkness approached, so did cows who had been grazing in the valley below. They were unconcerned by our presence. The golden light lasted about a minute.

JERRY COTTON, CHAPEL HILL, BLUE RIDGE ELECTRIC

21 **Victor, the lonely bull**

This is our Scottish Highland bull, Victor. We had just moved him into this field away from the cows and he looked so sad, but so majestic.

KIMBERLY MAYO, SEAGROVE, RANDOLPH EMC

22 **Creekside tradition**

At the beginning of each summer my children, along with their cousins and their moms (my sisters), visit this beautiful neighborhood creek in the woods. The kids all make small boats out of recycled items to make our own mini regatta. We attach strings so we don't lose the creations down the stream. This year my children and I visited again in the fall.

LISA O'DONNELL, CHARLOTTE

23 **Fingertip ladybug**

My great-nephew Aidan was thrilled when a shiny ladybug landed on his finger at my daughter Arden's 15th birthday party. We seem to have an infestation in early November at our house, especially on warm, sunny afternoons.

JANELLE LAMBERT TALLY, GOLDSTON, RANDOLPH EMC

24 **Homer hooked on lights**

My "grand-dog" Homer came to live with me right before Christmas last year. He was mesmerized by the tree and would sit and stare at the lights completely fascinated.

CHERYL STEWART, POLKTON, PEE DEE ELECTRIC

Thanks to those who care about the North Carolina Jaycee Burn Center

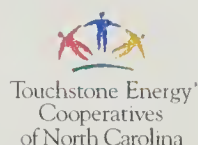
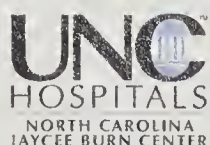


North Carolina's Touchstone Energy cooperatives hosted a golf tournament fundraiser in October, 2014 that raised an all-time high of \$133,939 for the North Carolina Jaycee Burn Center and its Burn Prevention programs. Over the years, the cooperatives have donated more than \$1.38 million dollars to the Burn Center's fire prevention and educational programs.

The Burn Center's programs seek to garner awareness about burn prevention and burn management and targets audiences such as emergency care personnel, fire departments, youth and senior citizens. Educational programs are delivered free of charge across the state. The Burn Center's outreach staff works to pass legislative initiatives to promote fire and burn safety and distributes safety tips to citizens statewide. With help from the electric cooperatives, the Burn Center is updating its facilities and expanding its services.

"North Carolina's electric cooperatives, our vendors and partners are pleased to support the Burn Center in reaching its goals of reducing the number of burns in our state through expanded burn prevention programs and, when a burn occurs, to provide the best possible care," said tournament chair Dale Lambert, CEO of Randolph EMC, Asheboro.

Listed here are the donors to this fundraiser supporting burn prevention. The cooperatives are grateful to all of the organizations and individuals who contributed to the success of this fundraiser.



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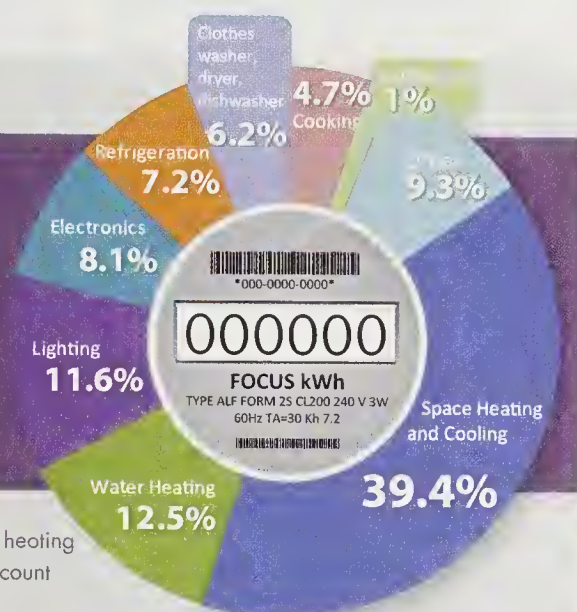
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FEATURE ARTICLE

MAKE THE MOST OF YOUR HEATING DOLLARS

According to the US Dept of Energy, your heating system and your water heater typically account for more than half of your electricity costs.



February often brings some of the coldest days of winter. With your heating system working overtime, it is important that you make smart decisions to avoid a surprisingly high electric bill!

Understand your heating costs.

Piedmont Electric offers a number of online tools to help you better understand your energy usage. Our Heating Calculator allows you to compare how different heating methods effect your yearly budget and also helps you visualize how turning down the heat and making your home air tight can save money.

We also offer a Space Heater Calculator to visualize monthly space heating costs.

Understand your usage.

Piedmont Electric's new online account management tool, SmartHub, allows you to monitor your usage on a daily basis – showing in real-time how much energy you are using. You can use this data to decide how to cut back on usage or be aware of upcoming higher energy bills.

Service your heating system.

Heating systems that go without servicing become increasingly less efficient. Change your air filters monthly to prevent your system from unnecessary damage, increase your system's efficiency and ensure cleaner air for your home. Don't forget to have your system completely inspected to ensure it is running as efficiently as possible. Gas burning systems require annual service inspections.

Notice to members with gas heating.

Gas heating systems can build up dirt and soot, which can lead to serious safety hazards, like carbon monoxide or a house fire. So be sure to have your gas system cleaned and inspected every year. You may also consider upgrading your gas system to electric heat, which is a safer, less expensive heating option. See page 27 for information on available HVAC/Heat Pump rebates.

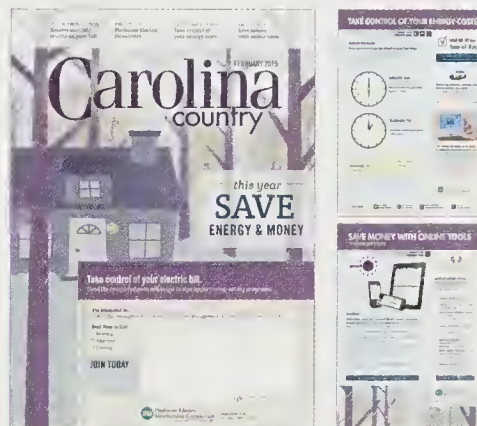
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17

Piedmont EMC Annual Meeting

Enjoy local music and vote for three board member positions! Registration begins at 6pm and business meeting begins at 8pm.

CHECK OUT THIS MONTH'S COVERWRAP

Piedmont EMC puts the power to save money in your hands! Return the completed postcard on the front cover and take the first step toward lowering your electric bill!



SCHOLARSHIP DEADLINES

Applications for PEMC's College Scholarships, Rural Electric Youth Tour and Touchstone Energy Basketball Camps are due **March 31, 2015**

APPLY AT

www.pemc.coop/community/scholarships

PRESIDENT'S MESSAGE

As many of you know, being a member of Piedmont Electric Membership Corporation means you are more than just a customer, you are also a member-owner of this not-for-profit electric cooperative. Unlike investor-owned utilities, our goal is not to make a profit, but rather to provide you the most affordable energy possible.

Piedmont EMC does not produce any of the power we sell, we purchase power from the investor-owned utility, Duke Energy. We also build and maintain the distribution lines, substations, transformers and other equipment that connects you to the wholesale power grid, which keeps your power on.

The majority of your energy bill is determined by the amount we are charged by our energy suppliers each year. We continually promote programs like "Load Management," "Beat the Peak" and "Time-of-Day Rates" to help us lower our wholesale power costs by reducing the peak demand charges associated with wholesale power.

We were incredibly successful with these load management programs

Over the last two years, we saved \$3 million in wholesale power costs by holding down our summer peak.

over the last two years, and saved over \$3 million in wholesale power costs. We used less power as a cooperative during the summer peaks, and these savings are given back to you – our members – as a reduction in the power cost adjustment on your bill statement.

Our cooperative history is marked by story after story of members working together to achieve one common goal. Piedmont EMC's core mission is to continue to serve as a conduit for members who work together to lower their energy costs and support our community as a whole.

Remember, every time you flip the switch or change your thermostat settings, you make a decision that



R.G. Brecheisen
President & CEO of Piedmont Electric

affects the final cost of you and your neighbor's electric bills.

I would like to thank all the members currently participating in our load management programs who have demonstrated that when we work together, we can see real savings. For those members not enrolled, I encourage you to consider signing up for one of our load management programs using the postcard on the cover of this issue of *Carolina Country*, so we can continue to make our cooperative strong and keep electricity costs as low as possible.

CO-OP CONNECTIONS® CARD DISCOUNTS

RECENTLY ADDED BUSINESSES



HUSHPUPIES RESTAURANT

Yanceyville, NC

Free tea with purchase of meal.

**SAVE
10%**

SOUTHERN TREASURES CONSIGNMENT AND ANTIQUES

Roxboro, NC

10% off entire purchase.

**SAVE
10%**

CIAO PIZZA

Mebane, NC

10% off total bill, excludes alcoholic beverages.

FREE

YOUNIQUE COSMETICS

Bahama, NC

Free products and half priced items when you order on-line or book a party with your local distributor.



FREE

ELECTEL COOPERATIVE FEDERAL CREDIT UNION

Hillsborough, NC

Free box of checks with new checking account. Offer valid at Coswell, Hillsborough and Roxboro offices.

Visit Piedmont EMC's website, www.pemc.coop, and click on the Co-op Connections® Card for discount details and a complete list of participating local businesses, national businesses, dentists, chiropractors, vision care and pharmacies.

WINTER CHILL CAUSING HIGHER BILLS?

High energy bills are often associated with cold winter days and hot summers. You've likely noticed that heating and cooling are often the biggest expenses when it comes to your energy bills. Piedmont EMC offers loans and rebates to help our members install higher efficiency equipment resulting in lower monthly energy costs.

HEAT PUMP REBATES

Rebates are available to consumers who install an electric heat pump with a SEER of 15 or higher. The rebate equals \$50 per ton, up to \$200 per system.

FREE HOME ENERGY AUDIT

A free home energy analysis is available to all consumers. The analysis is performed by an experienced Energy Specialist who can make suggestions for home comfort improvements. The energy analysis includes a check of the home's insulation amounts, including heat loss around windows and exterior doors.

MISCELLANEOUS

Other suggestions for energy-saving measures to help you better manage your home's energy costs include: installing an electric heat pump, a new solar or heat pump water heater, solar panels, or sealing the crawlspace under your home.

ENERGY EFFICIENT HVAC SYSTEM

Installing a new, energy efficient HVAC system is the most effective way to reduce your energy bills, as electricity continues to be a less expensive way to heat your home. Piedmont EMC has North Carolina-licensed HVAC technicians who can offer free advice and technical assistance about the operation or installation of your heating and cooling systems. They can even help you choose a new heating system!

Piedmont EMC is proud to be a part of the solution by helping our valued members save money throughout the year. To schedule your free home energy analysis call 1.800.272.3107

BY THE NUMBERS

6,153 MEMBERS ↑ 14 MEMBERS
are participating in the A/C Load Control Program

4,687 MEMBERS ↑ 1 MEMBER
are participating in the Electric Water Heater Load Control Program

1,015 MEMBERS ↑ 6 MEMBERS
are participating in the FlexPay Program

27 MEMBERS ↑ 7 MEMBERS
have turned in receipts for 173 LED bulbs, representing a total of 101,378 kWhs saved toward our Senate Bill 3 Mandate

43 MEMBERS
received solar water heater rebates

940 MEMBERS
have installed electric water heater wrap kits

613 RESIDENTIAL MEMBERS ↑ 3 MEMBERS
have signed up for Time-of-Day Rates

1,035 VISITS ↑ 13 VISITS
made to TogetherWeSave.com, where you can learn more about the power of your electric cooperative membership

648 MEMBERS ↑ 24 MEMBERS
have signed up to participate in the "Beat the Peak" program

1,353 MEMBERS
are participating in Project Helping Hand

THIS MONTH'S RIGHT-OF-WAY ACTIVITY

ORANGE COUNTY

- Old Fayetteville Road
- Jones Ferry Road
- Old School Road
- Moonridge Road
- Damascus Church Road
- Bowden Road

(and surrounding areas)

Locations are SUBJECT TO CHANGE due to uncontrollable circumstances.

STAY SAFE IN WINTER STORMS



SNOW AND ICE ARE AN INEVITABLE PART OF THE WINTER SEASON.

Snow can bring fun to our families and neighbors, but it can also lead to downed power lines and outages – which can become a danger for our loved ones.

Remember the following tips to stay safe and warm should you find yourself in a severe winter event...

Never touch a fallen power line, and assume all wires on the ground are electrically charged. If you see any downed power lines, call Piedmont Electric immediately at **1.800.222.3107**

Take extreme caution when using alternative heating sources, such as a fireplace, propane space heater or gas stove, and don't leave the flames unattended. Also, never use a gas or charcoal grill inside the home, or charcoal briquettes in the fireplace.

Follow all manufacturer's directions if you plan to use a portable generator to power your home during an outage. Never use the generator inside an enclosed space like an attached garage, as the carbon monoxide it produces is deadly. Also, never connect generators directly to power lines. The reverse flow of electricity can electrocute an unsuspecting line worker.

Have at least one phone in the house not dependant on electricity, to call 911 in case of emergency.

OFFICIAL NOTICE

STATEMENT OF NONDISCRIMINATION

Piedmont Electric Membership Corporation is an equal opportunity provider and employer.

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or call

(866) 632-9992 to request the form. You may also write a letter containing all of the requested information in the form. Send your completed complaint form or letter to the USDA by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

PIEDMONT ELECTRIC CONNECTION

Published monthly for the members of Piedmont Electric Membership Corp.

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Roxboro 336.599.0151
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IF YOUR POWER GOES OUT, CALL US...

800.449.2667

Our automated outage reporting system uses your phone number to determine your service location.

That's why it's important to update the number connected to your account. If your number has changed, or if you no longer have a land line, let us know by completing the form that comes in your monthly billing statement or calling 800.222.3107.

To report an outage 24 hours a day
800.449.2667*

To pay account and access account information by phone 24 hours a day
877.999.3394*

*Voice instructions will direct you through the system.

Call 811 BEFORE you dig
A Touchstone Energy® Cooperative

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Feb. 6 with your name, address and the name of your electric cooperative.

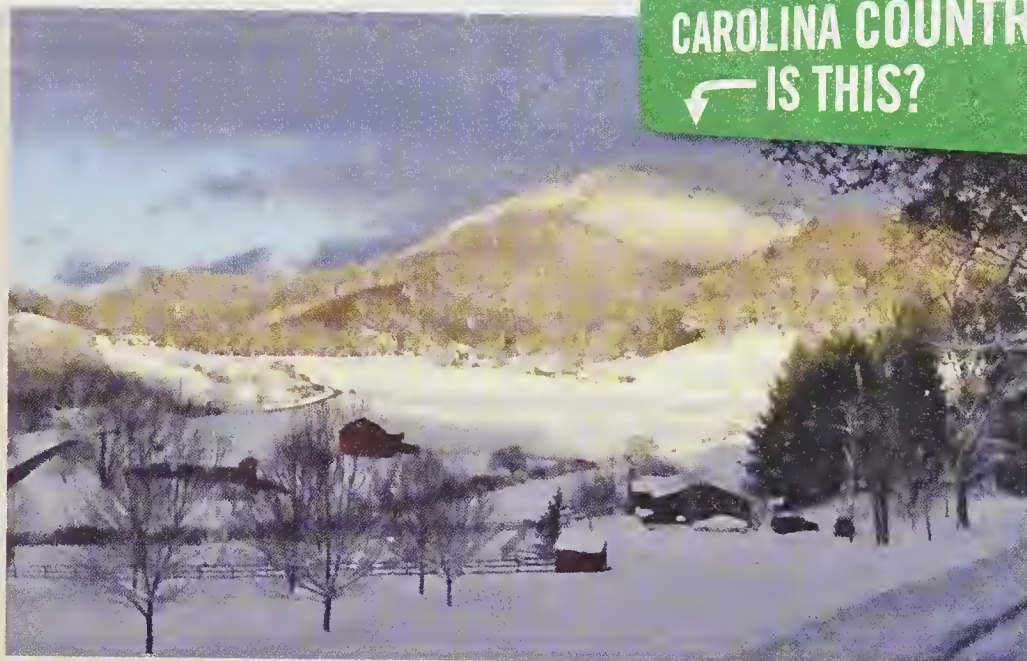
Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our March issue, will receive \$25. To see the answer before you get your March magazine, go to "Where Is This?" on our website carolinacountry.com.



**WHERE IN
CAROLINA COUNTRY
IS THIS?**

January winner

The January picture by Michael Gery shows the Grimsley-Raspberry House on U.S. 13, Greene County, near where Hwy. 903 heads to Maury. During Potter's Raid in July 1863, Yankee troops refreshed their horses here when W.P. Grimsley confessed his supposed Unionist sympathies. The Raspberry family was related to the Grimsleys. Stephanie Rose of Mount Olive told us that an uncle of hers, Edwin Albert Raspberry Sr., Greene County Sheriff 1923–1930, lived here. Cindy Grimsley, also of the family, said this was a North Carolina showplace property.

More than 50 people knew the answer, while about 30 placed it in a number of locations from Harkers Island to Yadkin County. The winning entry, chosen at random from all correct submissions, was from Claude Nethercutt of Fountain, a member of Pitt & Greene EMC.



January



\$184,490

The Worthington

2923SqFt.

New Homes Built On Your Land



- Stick-Built Construction
- 50+ Home Designs
- Starting at \$92,990
- On-Line Price Quotes

Visit A Model Home:

Charlotte: (704) 916-9568

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Design and price your dream home online at

www.LockridgeHomes.com

*All information is deemed reliable but is not guaranteed and is subject to change without notice.

How to avoid scalding a child

Forty percent of all scald injuries in the U.S. are suffered by children aged 0-4, and those scalds represent two-thirds of the burn injuries suffered by young children, according to the National Scald Prevention Campaign, 2014.

Here are some tips from the North Carolina Jaycee Burn Center at UNC Health Care to help avoid scalds to young people:

DO:

- Supervise children when in the bath or kitchen.
- Place pots and pans on the back burner with handles turned away from the edge of the stove.
- Establish a “kid-free” zone in the kitchen—mark off an area at least three feet in front of the stove. If that’s not possible, cook on back burners and keep pot handles turned away from the edge so kids can’t pull them over.
- Never hold children while cooking, drinking a hot beverage or carrying hot foods.
- Teach children to open microwaved foods carefully, opening away from them so steam releases safely. Always allow microwaved foods to cool before eating.
- Never heat a baby bottle in the microwave.
- Place hot liquids and foods in the center of the table where toddlers and young children can’t reach them.
- Install anti-scald valves in the showerhead to automatically turn off the flow if the cold water is turned off while the hot water is on, and put tempering valves on faucets to keep the water temperature constant.
- Verify that your water heater is set no higher than 120 degrees F (48 degrees C) or just below the medium setting.
- Install single faucet handles in tubs and bathroom sinks.
- Test the temperature of the water by running your hands through the bath water before placing a child, or helping a child, into a bath.



DON'T:

- Leave a child unattended in the bathtub; if you must leave, take the child or children with you.
- Allow young children to adjust the water temperature, and when bathing young children, seat the child away from faucets.
- Set anything hot on tablecloths or placemats, as young children can pull them down.
- Allow appliance cords (slow cookers, deep fryers) to dangle over the counter edge.

FACTS:

- The average annual cost of scald injuries in the U.S. is \$44 million.
 - Over 136,000 children were seen in U.S. emergency rooms for burns in 2011.
 - 1,100 children die each year from fire and burns.
- February 1–7 is Burn Awareness Week 2015. For more scald prevention tips, visit med.unc.edu/burn or “like” the Burn Center on Facebook (facebook.com/NorthCarolinaJayceeBurnCenter) or follow on Twitter (@UNCBurnCenter).

How to treat a scald

Most scalds should be treated by a medical professional, with the exception of burns smaller than a quarter. “Treat with cool water for 3 to 5 minutes and wrap in a clean, dry gauze dressing,” says Ernest Grant, RN, MSN, FAAN, outreach coordinator, at the North Carolina Jaycee Burn Center in Chapel Hill. “Do not apply ice to the burn area, as this may also cause further tissue damage or a frost bite injury. Ointments, creams or solvents shouldn’t be applied as they hold the heat in the tissue and makes the injury deeper.”

If a blister appears, don’t pop it. Instead, watch the area for signs of an infection for two or three days after the scald. Seek medical attention if there is any redness extending beyond the border of the wound or if there is extreme pain.



Introducing Kyrobak, the only home-use device using professional Continuous Passive Motion (CPM) and Oscillation Therapy technology, recommended by doctors worldwide, that's clinically proven* to bring you...

LASTING RELIEF from BACK PAIN



DOCTOR RECOMMENDED

"What makes Kyrobak so effective is the unique CPM technology it provides to muscles and joints. This specific type of motion reduces inflammation and sends important signals to the nervous system to restore muscle tone, balance and blood supply."

DR STEVEN GEANOPULOS,
CHIROPRACTIC NEUROLOGIST



momentary relief. The longer Kyrobak users continued treatment, the more relief they reported.

Kyrobak is convenient and easy to use! It's lightweight and portable, too! Move Kyrobak from room to room with ease ... in fact, you can take it with you wherever you go!

Call now for more details on your 60-Day Risk-Free Trial and put an end to the agony of back pain for good!

**GET RELIEF NOW
RISK FREE
FOR 60 DAYS**

- **CLINICALLY PROVEN*** treatment for lower back pain relief in the comfort of your home
- **LASTING RELIEF** experienced, even up to 3 weeks after usage has stopped
- **FAST & CONVENIENT** Just 10 minutes
- **SAVES MONEY** No more expensive trips to the chiropractor clinic or doctor's surgery
- **UNIQUE TECHNOLOGY** Benefit from proven Continuous Passive Motion technology
- **EASY TO USE** on the floor, bed or couch
- **NATURAL TREATMENT** with no painkillers or prescription drugs needed
- **COMPACT, LIGHTWEIGHT DESIGN** so it's easy to use and store anywhere!

Kyrobak uses a professional technology, CPM, which loosens tight muscles and releases pressure between the vertebrae in your spine to relieve back pain.



**TAKES JUST
10
MINUTES**

"I've been battling this pain for about 14 years and I've taken painkillers, muscle relaxants, prescription drugs... but I haven't had to take a single thing since I started on the Kyrobak. I just love not having to have all these chemicals in my body and it gives me so much more energy!"
Celeste, Teacher



Kyrobak is clinically proven* to treat lower back pain and provide lasting relief. For many users, it offers a drug-free alternative to the constant requirement for powerful painkillers.

And, in a recent clinical study, Kyrobak was shown to continue to provide pain relief even 3 weeks after usage was stopped!

Now, for the first time ever, Oscillation Therapy and Continuous Passive Motion

NO ASSEMBLY NEEDED

technology, as used by medical professionals, are available in this doctor-recommended, home-use device. Just 10 relaxing minutes is all it takes for Kyrobak to deliver lasting relief for your lower back pain.

"Ten minutes and then I'm free to do the things I love without pain, without worrying if something is going to stop me from enjoying life."
Ken S., Museum Curator

DISCOVER THE KYROBAK ADVANTAGE

With Kyrobak, you will get much more than

**— 100% —
RISK FREE
60-DAY TRIAL**

If you don't LOVE your Kyrobak, simply return it within 60 days and we will refund all your money PLUS pay the return postage.

Kyrobak works on the floor, the sofa ... even on your bed!

You do not have to be physically fit to use Kyrobak. You can enjoy your treatment while in complete rest, on the floor, your bed or even on the couch.



3 SIMPLE STEPS TO LASTING RELIEF

STEP 1

PLUG IN!



ABSOLUTELY NO ASSEMBLY REQUIRED BEFORE USE

STEP 2

LIE DOWN!



SO EASY TO USE! SIMPLY CLOSE YOUR EYES AND RELAX

STEP 3

TURN ON!



AUTO SWITCH-OFF AFTER EACH 10-MINUTE TREATMENT

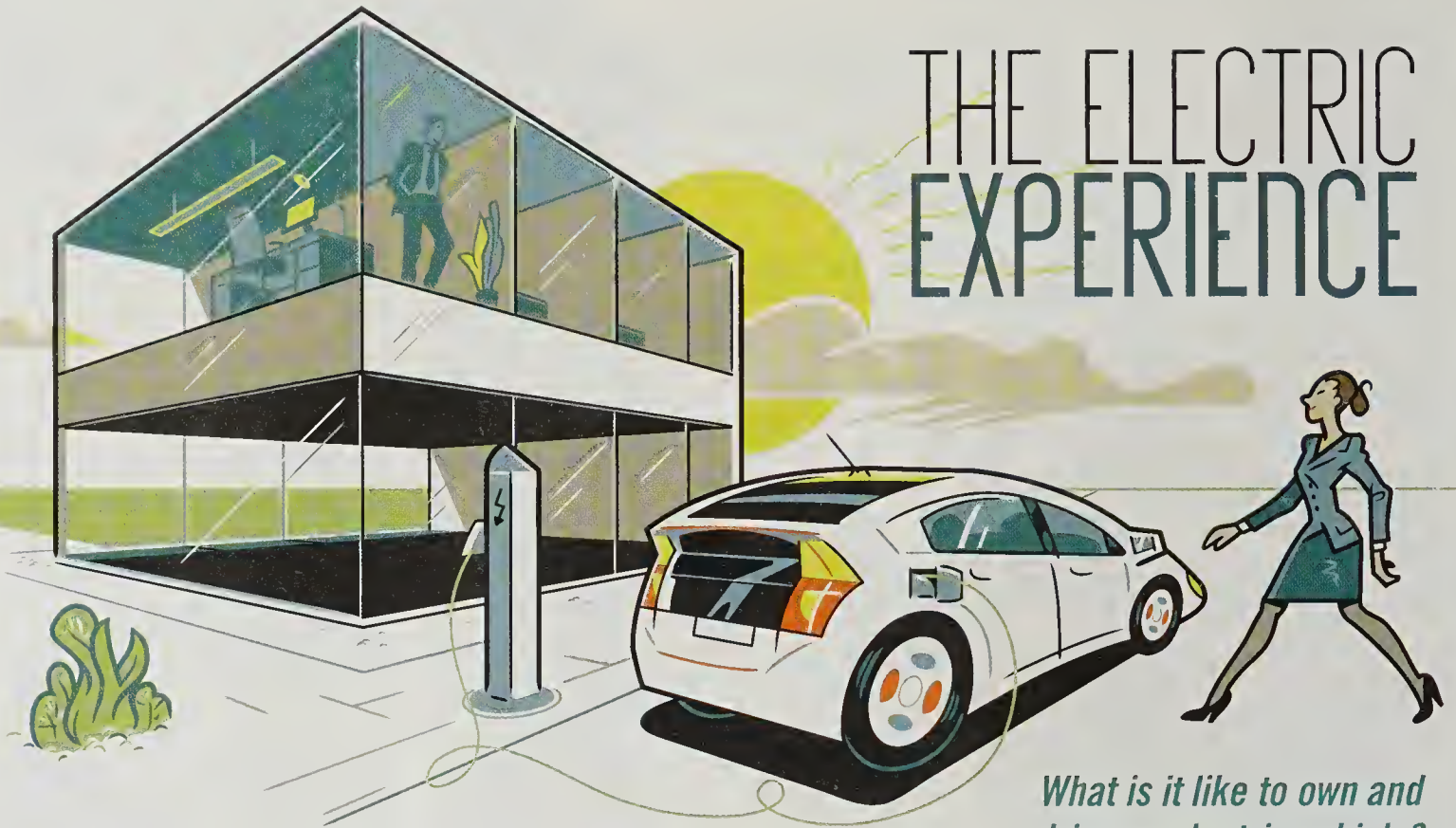
Kyrobak Try it now! **RISK-FREE FOR 60 DAYS**

You have nothing to lose but the agony of lower back pain!

CALL NOW 1-800-964-8712

or discover more at www.KyroOffer232.com

THE ELECTRIC EXPERIENCE



What is it like to own and drive an electric vehicle?

By Kristi Jacobsen Brodd

Imagine some morning when you oversleep your alarm and need to shower and pack a lunch for yourself and your kids. You also have to send some e-mail, fill up the car with gas and drop off the kids at school all before your 8 a.m. meeting that is a half-hour away. You jump in your new car thinking, "I'm so late!" when you realize that you actually don't need to stop at the gas station anymore. Just last week you bought a new car that runs on electricity and it has a full charge from being plugged in overnight. You take a sigh of relief because now you will be on time.

Electric vehicles are a growing market for new car purchases. As of November 2014, there were 265,319 plug-in electric vehicles in the U.S. These vehicle owners made the switch from the gas station to an electrical outlet to fuel their vehicles. The change is a large one and can take a while to get used to, but electric vehicle drivers across the country and North Carolina are saying that it's a switch that they will never regret making.

Electric vehicles use electricity as their primary fuel or use electricity along with a conventional engine to improve efficiency (plug-in hybrid vehicles). Almost every large automobile manufacturer is currently developing or selling an electric vehicle. In North Carolina, residents can purchase electric vehicles from Chevrolet, Ford, BMW, Tesla, Nissan, Mitsubishi, Smart and Cadillac. Estimates from the Electric Power Research Institute indicate that there will be over 700,000 plug-in electric vehicles on the roads in North Carolina by 2030.

The driving range

A large adjustment drivers have to make when they purchase an electric vehicle is to plan their trips around charging. Electric vehicle driving range varies by make and model, but is usually between 80 to 100 miles per charge for an all-electric vehicle. For most drivers, this range works well with their usual patterns. The U.S. Department of Transportation has found that the national average miles traveled per day is 36 miles. For those whose driving patterns exceed an all-electric range, a plug-in hybrid can still offer the benefits of driving electric. Plug-in hybrids drive on electricity for around 20 to 40 miles before switching to gasoline. For many, the range limits can cause anxiety when thinking about driving an electric vehicle, but as more charging stations are installed and vehicles are equipped with better range calculating equipment, drivers will begin to feel more confident. As Lance Pickup, a Raleigh electric vehicle driver, explained,

"While the car has plenty of range for most days, it helps to combine trips and plan stops long enough to get a meaningful charge. I would not say it has limited me in

any way, but I do have better daily itineraries now, and that saves me time as well."

Charging

Electric vehicle charging is available in three levels. All vehicles come with an adapter to plug the car in at home to a standard 120-volt outlet, known as Level One charging.

THE GREATEST
BENEFIT IS SIMPLY
THE AMAZING
DRIVE. IT'S QUIET,
SMOOTH, FAST
AND FUN.

IN NORTH CAROLINA, THERE ARE OVER 600 PUBLIC CHARGING STATIONS AVAILABLE.

Using Level One charging usually provides three to five electric miles per hour of charge. Level Two charging uses a 240-volt outlet (usually intended for large appliances, water heaters, air conditioners, etc.) and a station that can either be installed at home or in commercial locations. Level

Two charging is three to

five times faster than Level One and provides 10 to 20 electric miles per hour of charging. A third level of charging is DC Fast Charging. These charging stations are capable of charging an electric vehicle's battery to 80 percent capacity in under 30 minutes. In North Carolina, there are over 600 public charging stations available. Drivers use apps like PlugShare (plugshare.com) and the Alternative Fuels Data Center's Station Locator (afdc.energy.gov/locator/stations) to find charging stations convenient to them and to plan trips around charging locations.

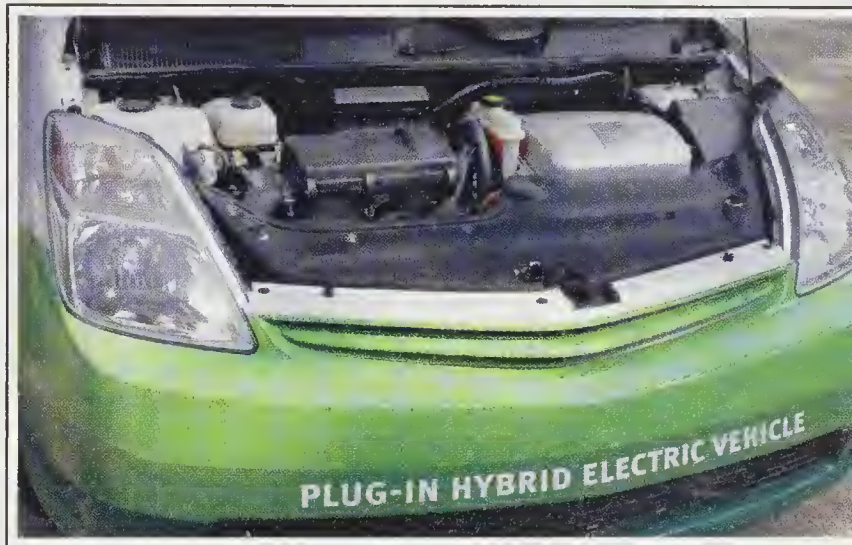
Savings and maintenance

You can realize a lot of savings by fueling at the outlet instead of at the gas pump. Lance Pickup drives a Nissan LEAF, and in his first year of driving he saved \$2,200 on gas and maintenance. Raleigh resident Tom Doe owns a Ford C-Max Energi, a plug-in hybrid vehicle, and has used only 48 gallons of gasoline during the 18,000 miles that he has driven so far in his car. His previous vehicle would have used 857 gallons for the same amount of miles. Both drivers also have seen a relatively low electric bill increase for charging at their homes. Lance pays around \$37 a month in electricity for an average of 1,500 miles a month in his vehicle. Tom pays less than \$25 a month to charge his plug-in hybrid at home.

Along with decreased gas expenses, electric vehicles also require less maintenance. Pickup explained: "The only maintenance I have done in the past 42,000 miles is rotating my tires and getting a new set of tires installed." Tom still needs to have the oil changed in his plug-in hybrid, but the frequency is greatly decreased. He is planning to change the oil at 20,000 miles, but of the 18,000 miles that he has on his vehicle, only 2,000 of those have been non-electric driving, so he still has a while to go until the first oil change.

Besides a comfortable and reliable driving experience, along with a decrease in fuel and maintenance costs, Pickup says, "The greatest benefit is simply the amazing drive. It's quiet, smooth, fast and fun. I just love driving my electric vehicle, and most owners feel the same." 🗣️

Kristi Jacobsen Brodd is outreach coordinator with Advanced Energy, a Raleigh-based non-profit organization that performs design and implementation, consulting, training, testing and research for electric utilities, governments and other partners.



Planning to buy one?

Electric cooperatives support the use of electric vehicles and will help members who plan to acquire one. Notify your co-op if an electric vehicle is in your future. The co-op can analyze the equipment at your home or business to ensure its adequacy and safety for charging your vehicle.

Remember...

A visit from Mom

Recently I browsed through folders from my fireproof safe, and the folder labeled "Miscellaneous" piqued my curiosity. Among the contents was a letter to me dated November 1985 from one of my nieces. She inserted a letter she had found during a visit to the old home-place. It was a letter I had written to my mother in 1966.

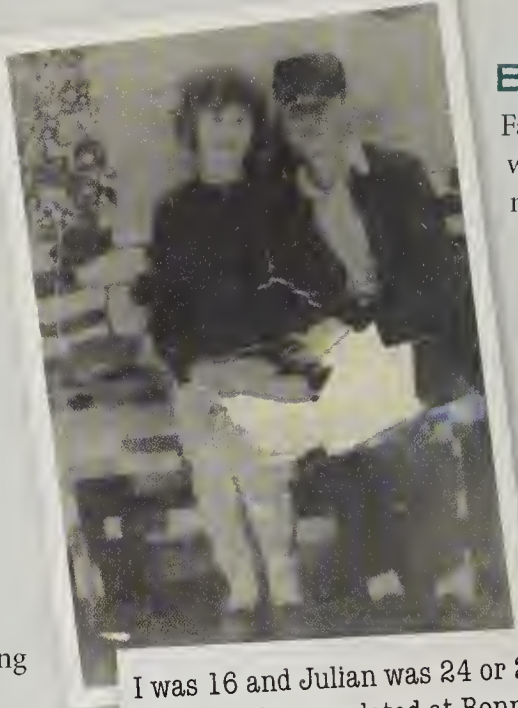
I had written the letter when I was doing my student teaching. I cradled it to my chest, tears streaming down my face, and I remembered with an intensity I hadn't felt in a long time. I could feel my Mom's presence there with me. I remembered our closeness

and her work ethic. I could see her hoeing and picking cotton, milking cows, preparing meals. She was a self-taught seamstress who sewed for blacks as well as some whites, and I could visualize her in the sewing room. I recalled her kindness, generosity and faith, but most of all the unconditional love she had for all of her 11 children. She and Daddy left us way too soon. They have been gone for more than 40 years, but my love still remains strong. Genuine love never dies; it lives in the heart forever.

Kate Robinson, Fayetteville, South River EMC



My mom, Mattie B. Mays, in 1969 wearing a jumper she made.



I was 16 and Julian was 24 or 25 in 1964 when we dated at Bonnie's.

Bonnie's Café

Farmville won't be the same without Bonnie's Café no matter who buys it.

Julian and I were not yet married 50 years ago when we dated there. Bonnie's was our café where we set in our booth and had coffee. We would pick up my Pa from the warehouse when he just got paid, and he would say,

"Let's go eat." He would buy us a BBQ plate.

Dupree's and Belk-Tyler's

stores were there then. Roses had school clothes and shoes, and Pope's was next door. Helen's was where Mama traded for our school clothes. The fruit stand was between Helen's and Farmville Furniture. The Red & White turned into Piggly Wiggly. Julian said they once sold mules in that building by the Piggly Wiggly. There was a fish market where Daddy would buy fresh croakers to bring home. The hardware was called Turnage in the old wood building out back. Daddy bought seeds, fertilizer and chicken feed from there.

And now Bonnie's is closed. Tom and Judy made it feel like home where you have a cup of coffee and read the paper with good people and good food. I just loved Bonnie's Café.

Letha Humphrey, Farmville, Pitt & Greene EMC

The bug Jonah

My grandparents were poor sharecroppers in Johnston County. I loved going from the city of Raleigh down to see them. It was always fun and an adventure, except for this one time.

We always ate supper after dark, because Grandpa worked in the field until the sun went down. One hot August day with the windows open, we were eating supper. There was one bare bulb above the table, and bugs were flying around it and would sometimes drop into your plate of food. Well, one big crusty bug fell into my food, and I did not notice it. I heard a crunching noise but ate and swallowed it. Why? I'll never know what possessed me to swallow that old bug, but it was a big mistake.

So I drank lots of water to wash it down. With my imagination I could feel him crawling around in my stomach. It was just like I was the whale and that bug was Jonah. Maybe he was praying, but I got so sick I had to leave the table and go to the outhouse.

Well, Jonah the bug was free from Bobby the whale. I don't know what shape he was in, but he was out. My grandparents took me to the doctor, and he gave me some medicine to make me feel better. I saw the doctor talking to Grandpa, and they were laughing. It was no joking matter to me.

Until this very day I can say without a doubt that I hate bugs, especially big crusty, crunchy bugs.

*Bobby Price, Wake Forest, Wake EMC
As told to his grandson, Ian*

Dad's wrecker

My father owned an automobile repair shop and wrecker service called Spradley's Garage & Body Shop in Whiteville, Columbus County. He had three wreckers, and the largest was Army surplus from WWII. More than a few times, he would be called for large towing jobs, such as pulling tanker trucks from White Marsh. On occasion, I was allowed to go on a tow trip, and it was quite a trip to be on.

In January and February 1948, when I was 9, we had two severe ice storms that brought down power lines all over southeastern North Carolina. Schools were closed two weeks. The power company enlisted Dad and his big wrecker to help re-set power poles. The roads were so bad that something as powerful as his four-wheel-drive wrecker needed tire chains.

Benjamin Spradley, Leland, Brunswick EMC



A picture of my dad's wrecker published in the Whiteville News Reporter.

A "whoopin'" lesson

I was just a little boy about 11 or 12 years old when I had a pony named Polly. Our neighbor, Mr. Thern Harris, was a truck farmer who sold produce locally. He had a big field on Ash Bridge Road. My sister Vickie and I went riding one day, and I was on Polly while she was on Rosebud. I decided to ride Polly right through the little pepper plants in the field. It was so fun. Vickie knew better.

Thern Harris came to our house that evening and got my Dad and me. He showed my Dad what I did. Dad asked me, "Did you do that?"

I said, "Yessir." He told me to go get a hickory switch.

Thern said, "Now, Bill, don't whip him. He didn't know no better." (But I did.) Thern said, "Let him go."

Dad let me go and said, "If you ever go in a plowed field again, planted or not, I'm going to get you!"

Months went by, and one evening I was going to put Polly up. She broke and ran right through our garden. Out of the corner of my eye, I saw Dad "smiling." He was not mad, but he showed me he was a man of his word. He got a switch off the little white pine. (It's big now.) And he tore me up.

I smile now when I think about it, but back then both those men showed me lessons of kindness and discipline.

Graylan Boyd, Marion, Rutherford EMC

Aunt Pud's chicken dinner

As I was growing up in the mountains in Jonas Ridge, Burke County, in the 1950s, our family had to grow most all of our food. We didn't eat beef because the cow was our only source of milk. We raised pigs, so we ate a lot of pork, which is my favorite meat today.

A memory that will forever be etched in my mind is of my Aunt Pud (a nickname) killing chickens. She would grab a hen by the neck and swing it around in the air to break its neck. Then its neck went to the chopping block where the ax severed the head. Its body would run around briefly until it fell over. Aunt Pud would dunk it in hot water, holding it by the feet, and pluck out the feathers. A piece of paper on fire would singe off any fuzz.

If I had to do this today, I would never eat chicken.

Brenda Schnick, Granite Falls, Blue Ridge Electric

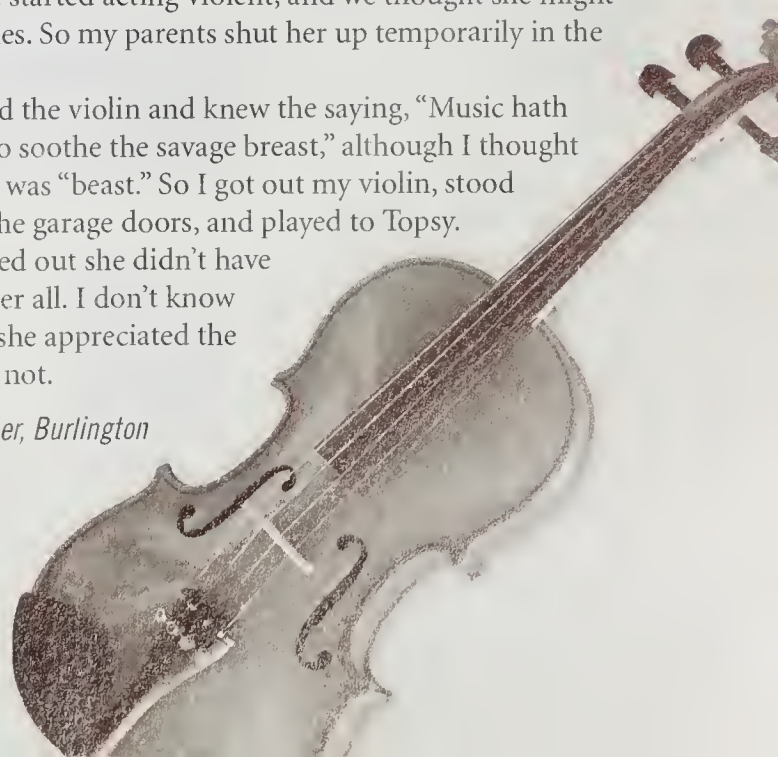
Soothing the savage beast

When I was a child, we had a Welsh terrier named Topsy. Once she started acting violent, and we thought she might have rabies. So my parents shut her up temporarily in the garage.

I played the violin and knew the saying, "Music hath charms to soothe the savage breast," although I thought the word was "beast." So I got out my violin, stood outside the garage doors, and played to Topsy.

It turned out she didn't have rabies after all. I don't know whether she appreciated the music or not.

Karyn Joyner, Burlington



SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

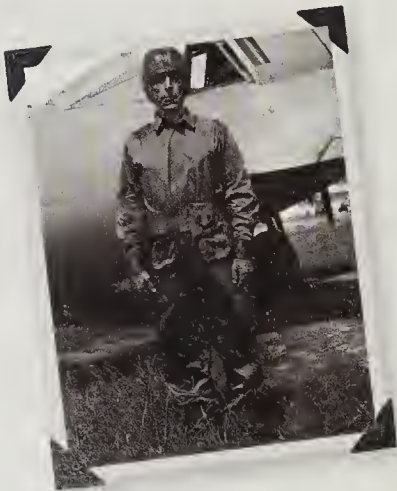
1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. Only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative. Also, your phone number or e-mail address in case of questions.
7. **Online:** carolinacountry.com/contact
E-mail ("Memories" in subject line.): iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Jumping into history

Museum honors 'Father of American Airborne'

Just how did the U.S. Army even get the idea of soldiers jumping out of airplanes?

The General William C. Lee Airborne Museum in Dunn reveals this answer and much more. As a peacetime observer in Germany, William Lee followed Adolf Hitler's development of Germany's airborne forces. When he returned to America, he pushed hard for the U.S. to begin a parachuting program. He appeared to be the only enthusiast for this risky venture and was finally ordered by an angry colonel not to say another word about it.



Watch a short clip about the Gen. William C. Lee Airborne Museum on our website: carolinacountry.com



However, eventually President Franklin Roosevelt talked with Major Lee. Impressed, President Roosevelt ordered airborne planning and training to begin immediately.

At the museum you can learn about the innovative general, the U.S. Army Airborne, glider planes and what life was like before World War II. You also can enjoy visuals of historic meetings and see letters and cards signed by leaders and officials from across the world.

Airborne museum:
(910) 892-1947 or
generalleeairbornemuseum.org

Nearby are the Avera'sboro Civil War Battlefield & Museum and Coats Cotton Museum.

Dunn/Harnett County attractions:
(910) 892-3282 or
dunntourism.org

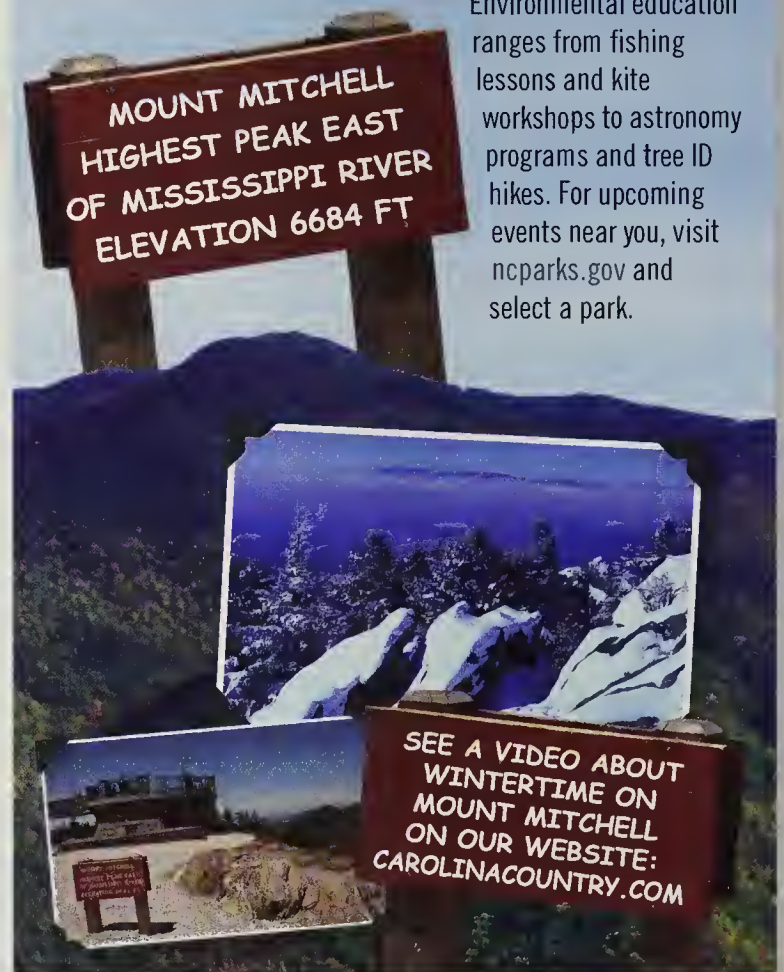


Quick—what was N.C.'s first state park?

It's beautiful Mount Mitchell State Park in Burnsville. The park system began in 1916 when a group of citizens sought to protect Mount Mitchell's summit. At an elevation of 6,684 feet, the summit is the highest point east of the Mississippi. It became the first state park in the Southeast and was among the first in the nation.

Many of North Carolina's state parks were initiated by local citizens with a strong conservation ethic. This tradition of grassroots conservation is reflected in the state's mandate that these precious natural resources be available to all citizens. Admission to the parks and most events is free.

Environmental education ranges from fishing lessons and kite workshops to astronomy programs and tree ID hikes. For upcoming events near you, visit ncparks.gov and select a park.

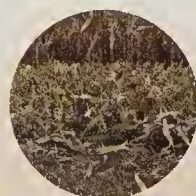


tar heel lessons

a guide to NC for teachers and students

DO YOU KNOW...

During the Civil War, one of the biggest problems for southerners was lack of food? Crop production fell as men left corn and wheat fields to go off to war. Much food was diverted to the Confederate



Army, while Union blockades of Confederate ports contributed to shortages, as did unscrupulous speculators who hoarded food and sold it at high prices.

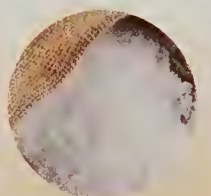


Hungry North Carolinians boiled watermelon to get sugar and drank a mix of dried and ground okra that passed for coffee. Perhaps their most missed item



was salt, as it helped preserve food and give it flavor.

For more, visit ncdcr.gov/Portals/7/Collateral/Database/F00.starvation.pdf





Shocking
Introductory Price!
\$18.95
each

Actual size
is 40.6 mm

Advance Release:

Order Your New U.S. 2015 Silver Dollars Now!

Millions of people collect the American Eagle Silver Dollar. In fact it's been the country's most popular Silver Dollar for over two decades. Try as they might, that makes it a very hard "secret" to keep quiet. And right now, many of those same people are lining up to secure the brand new 2015 U.S. Eagle Silver Dollars — placing their advance orders now to ensure that they get America's newest Silver Dollar just as soon as the coins are released by the U.S. Mint in January. Today, you can graduate to the front of that line by reserving your very own 2015 American Eagle Silver Dollars — in stunning Brilliant Uncirculated condition — before millions of others beat you to it.

America's Brand New Silver Dollar

This is a strictly limited advance release of one of the most beautiful silver coins in the world. Today you have the opportunity to secure these massive, hefty one full Troy ounce U.S. Silver Dollars in Brilliant Uncirculated condition. The nearly 100-year-old design features a walking Lady Liberty draped in a U.S. flag on one side and a majestic U.S. Eagle and shield on the other.

The Most Affordable Precious Metal—

GOVERNMENT GUARANTEED

Silver is by far the most affordable of all precious metals — and each full Troy ounce American Eagle Silver Dollar is government-guaranteed for its 99.9% purity, authenticity, and legal tender status.

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Why are we pre-releasing the most popular Silver Dollar in America for a remarkably affordable price? We're doing it to introduce you to what hundreds of thousands of smart collectors and satisfied customers have known since 1984 — GovMint.com is the place to find the world's finest coins.

Lock In Your Reservation

By calling today, you can reserve some of the very first brand new Brilliant Uncirculated 2015 American Eagle Silver Dollars ever released. Your reservation and price will be locked in, and your stunning new Silver Dollars will be shipped to you just as soon as the U.S. Mint releases the coins in January.

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Introductory Price \$18.95 ea. (plus s/h) (LIMIT 10)

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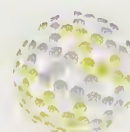
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February Events



Celebrate big hair, leg warmers and sweatbands at the Totally 80's Retro Ski Weekend Friday through Sunday, Feb. 20–22. Held annually at Beech Mountain, events include live music and a Madonna look-alike contest. (800) 468-5506 or beechmtn.com

Mountains (west of I-77)

Grady's Groundhog Day
Feb. 2, Chimney Rock Park
(828) 625-9611
chimneyrockpark.com

Totally 80's Retro Ski Weekend
Feb. 20–22, Beech Mountain
(800) 468-5506
beechmtn.com

Winter Tree ID
Feb. 21, Chimney Rock State Park
(828) 625-9611
chimneyrockpark.com

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Piedmont (between I-77 & I-95)

Dancing Stories With April C. Turner
Exploring African folklore
Feb. 1, Fayetteville
(910) 486-1330
ncdcr.gov/ncmcf/events.aspx

Carolina Philharmonic Orchestra Bass Quintet
Workshop, recital
Feb. 1, Fayetteville
(910) 630-7100
methodist.edu/music

Yours, Mine & Ours
Classic movie Sundays series
Feb. 1, Roxboro
(336) 597-1709
personcounty.net

Oldest Living Confederate Widow
Performance
Feb. 6, Raleigh
(919) 833-3431
joellane.org

Heart For Art Gala
Feb. 5, Franklinton
(919) 497-6910
fcacarts.org

Doctoring Ourselves: Slave Medicine
Herb lecture, organic farm presentation
Feb. 7, Monroe
(704) 283-8184
union.lib.nc.us

Lecture By Michael Guasco
History talks series
Feb. 7, Charlotte
(704) 568-1774
charlottemuseum.org

Stitches In Time
Contemporary, antique quilts exhibit
Feb. 7–8, Waxhaw
(704) 843-1832
museumofthewaxhaws.com

Dancing Pros Live
Includes Dancing With Stars performers
Feb. 11, Fayetteville
(910) 323-1991
community-concerts.com

Sweet Words
Series that features new writing
Feb. 11, Fayetteville
(910) 672-1571
uncfsu.edu/arts/fine-arts-series/
fine-arts-series-calendar

Anglers, Whalers & Waves
Story of Samuel Windsor
Feb. 12, Raleigh
(919) 833-3431
joellane.org

Mostly Mozart
Feb. 12, Fayetteville
(910) 433-4690
fayettevillesymphony.org

The Other Side Of The Pillow
Play about falling in love
Feb. 12, Fayetteville
(910) 438-4100
crowncomplexnc.com

Chuggington Live!
Great Rescue Adventure
Musical children's show
Feb. 13, Fayetteville
(910) 438-4100
crowncomplexnc.com

Love, Sex And The IR\$
Dinner theater
Feb. 13–14, Roxboro
(336) 597-1709
personcounty.net

Evidence Dance Company
African movement with spoken word
Feb. 15, Fayetteville
(910) 672-1571
uncfsu.edu/arts/fine-arts-series/
fine-arts-series-calendar

School Desegregation
A look back at Monroe, Union County
Feb. 19, Monroe
(704) 283-8184
union.lib.nc.us

Rumplestiltskin Children's Theater
Feb. 19–21, Fayetteville
(910) 672-1571
uncfsu.edu/arts/fine-arts-series/
fine-arts-series-calendar

Elysium
Friday night film series
Feb. 20, Lumberton
(910) 738-4339
carolinaciviccenter.com

Southern African-American History
During the Civil War
Feb. 21, Waxhaw
(704) 843-1832
museumofthewaxhaws.com

NC Symphony Beethoven's 7th
Feb. 26, Fayetteville
(877) 627-6724
ncsymphony.org

Red, White, Blue & Black
Contributions of colored infantries
Feb. 27, Fayetteville
(910) 486-1330
ncdcr.gov/ncmcf

Close To You
Music of The Carpenters
Feb. 28, Lumberton
(910) 738-4339
carolinaciviccenter.com

Book 'Em North Carolina
Book signings, talks &
panel discussions
Feb. 28, Lumberton
(910) 739-9999
bookemnc.org

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
theartscouncil.org

Music Barn
Saturday nights, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

The Three Musketeers
Through Feb. 8, Fayetteville
(910) 323-4234
cfrt.org

Renaissance Centre Movies
Free adult, kid flicks monthly
(919) 435-9428
wakeforestnc.gov

Art All Around
Through Feb. 22, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Black History Month Exhibit
Through Feb. 23, Fayetteville
(910) 433-2986
capefearstudios.com



A dramatic interpretation of the fall of Fort Anderson 150 years ago takes place at the state historic site in Winnabow Saturday and Sunday, Feb. 14-15. (919) 807-7300 or ncdcr.gov

Art Exhibits: Particulates Of Light
Artwork of Jim Hurst
Through Feb. 26, Lumberton
(910) 738-4339
carolinaciviccenter.com

Arts 2015 Winter Exhibition
Through Feb. 26, Mooresville
(704) 663-6661

Words & Pictures: Illustrated Works
By Kadir Nelson
Through Feb. 28, Fayetteville
(910) 323-1776
theartscouncil.com

A Streetcar Named Desire
Southern melodrama
Feb. 13 - March 1, Fayetteville
(910) 678-7186
gilberttheater.com

Works In Progress: The Production
Short plays, poetry and movement
Feb. 26 through March 1, Fayetteville
(910) 630-7100
methodist.edu

Built to Amaze!
Ringling Bros performance
Feb. 26-March 1, Fayetteville
(910) 438-4100
crowncoliseum.com

Handmade Musical Instruments
Feb. 27-March 23, Fayetteville
(910) 433-2986
capefearstudios.com

Coast (east of I-95)

Sportman's Expo
Feb. 1, Greenville
(252) 321-7671
downeastexpos.com

Sty Of The Blind Pig
Feb. 1 & 6-8, Ayden
(877) 339-5550
aydentheatre.com

Unnatural Resources Fair
Items made from discarded
or leftover material
Feb. 6-8, Greenville
(252) 355-5345
unnaturalresources.org

Wine Tasting & Silent Auction
Feb. 7, Greenville
(252) 714-7424

Mummenschanz
Visual theatre by Swiss troupe
Feb. 13, Greenville
(800) 328-2787
ecu.edu

Moscow Nights & Golden Gate Dancers
Feb. 14, Oriental
(252) 249-0477
oldtheater.org

S&D Gun & Knife Show
Feb. 14-15, Greenville
(252) 321-7671
ncgunshows.com

The Last Stand On Western Bank
Dramatic interpretation of
fall of Fort Anderson
Feb. 14-15, Winnabow
(919) 807-7300
ncdcr.gov

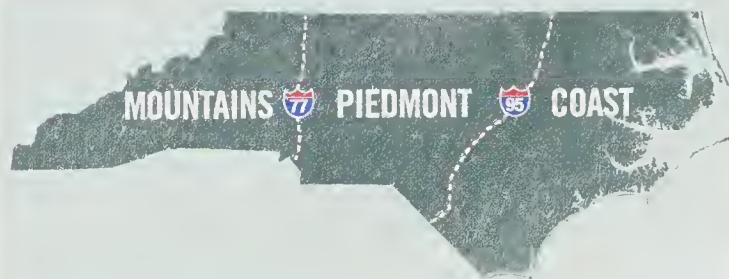
Music Of Nina Simone
Feb. 21, Oriental
(252) 249-0477
oldtheater.org

Bridal Expo
Feb. 22, Greenville
(252) 321-7671

ONGOING

Artwalk
First Fridays, Greenville
(252) 561-8400
uptowngreenville.com

Dance 2015
Jan. 29, Feb. 1-3, Greenville
(800) 328-2787
ecu.edu.com



Listing Deadlines:
For April: Feb. 25
For May: March 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website
Or e-mail events@carolinacountry.com.

Decoy carving classes online

Since 1999, Raleigh artist Vic Kirkman has been teaching wildfowl carving from his studio and online from his website, wildfowlart.com. Kirkman, who has won numerous top awards in Southeast carving competitions, is offering a new opportunity to learn the art of decoy carving live, in real time, with him. The virtual courses are for beginners to advanced carvers, and his students learn techniques to create a beautiful wildfowl carving. Kirkman's classes are complemented by contributions from some of his advanced students and talented associates. You can register for his courses on the website below. The website also features a store which sells woodworking tools and products, and Kirkman flags supplies you would need for his courses. The Bird Carvers Online Community forum and the Youth Carvers of America sponsorship program, along with helpful articles and diagrams, are also integrated into the website.

(919) 783-6478
decoycarvinglive.com



Run

Americana/pop singer and songwriter Ryan K. Hamlin's five-song EP is flavored with back-road, turn-it-up sound reminiscent of southern comfort and muddy tires. This Raleigh resident's songs boast a unique and varied blend of influences, including home-grown sounds of Bela Fleck and the Flecktones, pop hooks like songs from John Mayer and driving rock grooves similar to Augustana. Or, as Hamlin puts it, his songs are about living dangerously because life is short and also about holding on to the ones you love. Tracks on his EP, released by Center Sound Records, are "Crazy" (with Robin Ruddy on pedal steel), "She Sings," "True," "Summer Lovers Symphony" and "Virginia" (with Madison Chase on cello). (If "Virginia" sounds familiar, it was on the soundtrack for the movie "Destiny Road.") Hamlin is hard at work now on a new album. "Run" sells for \$4.95.

ryankhamlin.com



Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and high-resolution color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.

on the bookshelf

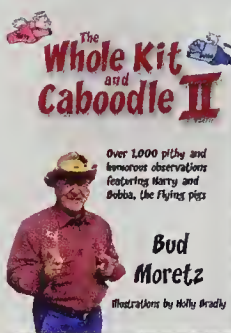


Are You Sure You Want To Be A Landlord?

This practical and comprehensive guide provides advice and humor from veteran landlord and North

Carolina author Cathy Keeton Azar on how to avoid the pitfalls and headaches of managing tenants. Step-by-step, readers will learn about preparing a lease, applying late fees, qualifying a tenant, avoiding sob stories, and handling repairs. Included are 50 color photographs showing tenants at their worst. Real tenant stories include "The Out of Town Tenants," "The Lawsuit Happy Tenant," "The Tenant Who Liked to Shoot," "The Tile Installer" and "The Tenant Who Provided Their Own Heat." Azar also advises on when to consult an attorney and provides sample forms and websites for obtaining state laws to help potential landlords succeed. "Are You Sure You Want To Be A Landlord?" is published by Warren Publishing of Charlotte. Azar is a member of Union Power Cooperative. Softcover, 178 pages, \$17; e-book is \$3.99.

(980) 265-2336
cathykeetonazar.com

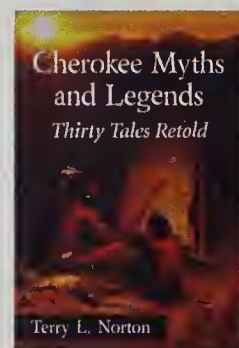


The Whole Kit and Caboodle II

Author Bud Moretz says his "bathroom book" is designed to be read two or three pages at a time. In his first book of similar title, he offered more than

500 life observations. In this version, illustrated by Holly Bradley, he serves up more than 1,000 pithy and humorous observations with heaping helpings of horse sense, philosophy, quips and wise-cracks about life. Moretz uses flying pigs named Harry and Bubba in cartoons to show some of his points. Sample observations include the fact that A.M. radio can be used at night and that your wild oats will turn into bran flakes. Moretz also wonders if the moon roofs on cars are really for mooning and claims that he is living proof that insanity can be inherited from your children. Moretz lives in Vilas and is a member of Blue Ridge Electric. Softcover, 144 pages, \$22; e-book is \$9.99.

advbooks.com



Cherokee Myths and Legends

This new book shares 30 myths and legends of the Eastern Cherokee, with important details providing a culturally and historically accurate context. Author

Terry Norton of Rock Hill, S.C., gives background information within each story, so the reader may avoid reliance on endnotes and glossaries and experience the stories more as their original audiences would have. The stories are divided into five categories: Origins, Killing The Great Monsters, Supernatural and Animal Adversaries and Helpers, and Legends of History by and About The Cherokee. Stories include "Corn and Game," "Disease and Medicine," "The Great Hawks," "The Raven Mockers," "Legends of Pilot Knob" and "False Warriors." Published by McFarland in Jefferson. Softcover, 232 pages, \$35.

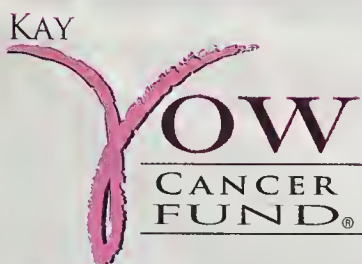
(800) 253-2187
mcfarland.com

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You can cross-reference books and local shops where they are sold by visiting indiebound.org



Sunday, Feb. 22 at Reynolds Coliseum
NC State vs. Duke
10TH ANNUAL HOOPS 4 HOPE GAME



For more information visit www.kayyow.com or www.gopack.com

The Kay Yow Cancer Fund

Coach Yow, former NC State women's basketball coach, was first diagnosed with breast cancer in 1987 before passing away on January 24, 2009. Coach Yow did not lose her battle with breast cancer; she simply turned the battle over to each of us.

The Kay Yow Cancer Fund was founded on December 3, 2007 and is a 501 (c)(3) charitable organization committed to being a part of finding an answer in the fight against women's cancers through raising money for scientific research and related projects, assisting the underserved and unifying people for a common cause. Since its inception, the Kay Yow Cancer Fund has contributed more than \$3.9 million in grants to fund scientific research for all women's cancers.

Hoops 4 Hope at NC State

Hoops 4Hope was Coach Yow's way of sharing her strength and joy in celebration with fellow cancer survivors. Today, Hoops 4Hope is recreated across the country and is called Play 4Kay—and it is so much more than a basketball game.

Join us on Sunday, February 22nd, as NC State takes on Duke in the 10th annual Hoops 4Hope event.

A D V E R T I S E M E N T

Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck.



I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it! I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that Might help my loose neck skin?

Turkey Neck, Durham, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that is designed to firm, tighten and invigorate skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream**.

This cream contains an instant-effect ingredient that aims to tighten the skin naturally, as well as deep-moisturizing ingredients aiming to firm the skin and make it more supple. Amazingly, the Dermagist Neck Restoration Cream also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These apple stem cells target your skin's aging cells, and strive to bring back their youthful firmness, and elasticity. As an alternative to the scary surgeries or face lifts that many people resort to, this cream has the potential to deliver a big punch to the loose saggy skin of the neck. **The Dermagist Neck Restoration Cream is available online at Dermagist.com** or you can order or learn more by **calling toll-free, 888-771-5355**. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was "NCN16". It's worth a try to see if it still works.



Reading at random has uses.
Mongoose's plural's mongooses.
—cgj

UNSCRAMBLIT

r s l m a b c e e l a

lived longer in
North Carolina than
anywhere else.

Use the capital letters in the code key
below to fill in the blanks above.

A B D E I L N O means
s c r a m b l e

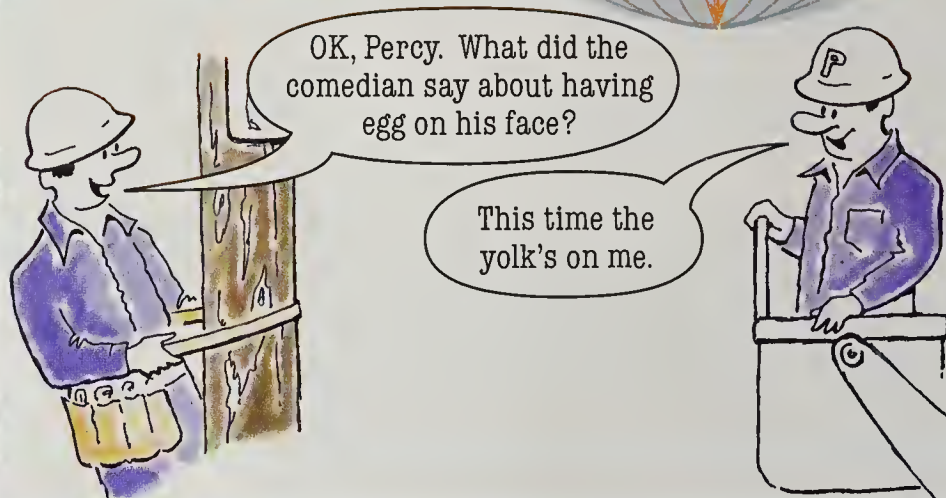
In the county



In what North Carolina
county names can you find
these words?

WELL _____
CAT _____
HAM _____
HERO _____
HOW _____
LAY _____
LEVEL _____
RANK _____
TON _____
ATE _____
FOR _____
RED _____

PERCY P. CASSIDY POLES APART



Find the Value of

T R A N S Y L V A N I A
+ + + + + + + + + + + + =

Each of the nine different letters in TRANSYLVANIA County, "The Land of Waterfalls," has been given a different value from 1 through 9. Given the total value of the words below, can you find the value of each letter? E=0

To see how we solved it, send an e-mail to joyner@carolinacountry.com

LIVELY(36) STAIRS(26) VAIN(20) YARN(16) STAR(12)
VISIT(32) INTENSE(22) YEAST(16) STARE(12) TASTE(10)

MATCHBOXES

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|---|---|---|---|
| 2 | 0 | 6 | 2 |
| 1 | 0 | T | 1 |

x 4
G

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|---|---|---|---|---|
| 3 | 5 | 1 | 0 | 8 |
| A | E | N | O | H |

x 2
1

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| P | | | | |

This North Carolina city calls itself the "Home Furnishings Capital of the World." For its name, solve these multiplication problems and write your answers in the box tops. Then match boxes. Each digit stands for the letter below it.

For answers, please see page 49

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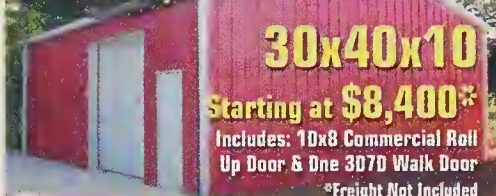
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A better birdbath

Birdbaths are welcomed additions to any garden because they provide fixed points of visual interest in seasonally changing landscapes, and, of course, because they are desirable watering holes for many feathered friends. And whether you have one or are thinking about adding this hardscape feature to your garden this spring, here are a few pointers for a better birdbath.

While a heavy cement or stone birdbath provides increased stability compared to ones made of lightweight resin or plastic, it is more susceptible to breaking if water constantly freezes and thaws in the bowl during the winter. A good way to prevent ice formation in the bowl, and still provide a reliable refreshment station for birds in the winter, is to set a shallow plastic container in the birdbath during the coldest of times and pour water only into it.

If a cement or stone birdbath does freeze over, the best way to thaw it out is to set a pan of hot water on the ice. Do not pour the heated water onto the ice—it could crack the bowl. And for the same reason, don't hammer ice out of a birdbath.

A dark colored birdbath in a sunny location will freeze over less often, but it will also be uncomfortably hot in the summer. One solution is to find a site

that is shaded by deciduous trees or shrubs during the growing season but is exposed enough through bare branches to the warming sun in the winter.

Because it is bowl shaped, a birdbath usually has a deep section in the middle, and this could be dangerous to fledglings and small birds, so set a flat rock in the center that sticks above the water for a safety perch.

Besides being attracted to it for drinks of water, birds use a birdbath for the obvious—to take baths. With this in mind, consider setting it close to shrubs or short trees with strong limbs so soaked birds will only have short flights to a safe place to preen and dry.

No matter the weather, always keep fresh water in the birdbath by changing it at least once a week. This constant will result in plenty of repeat visits from your winged garden friends.

Garden To Do's February

- ▶ Winter dry spells can be just as harmful to evergreen trees and shrubs as summer droughts, so water them if the rains don't come for extended periods of time and maintain a 2- to 3-inch mulch around new plantings. Also, applying an antitranspirant such as WiltPruf will help reduce moisture loss through the evergreen leaves.
- ▶ Woody ornamentals such as althea, butterfly bush, crepe myrtle, oleander, hydrangea and vitex flower on new wood, so now is a good time to prune to stimulate the production of new springtime branches.
- ▶ Established hybrid tea and bush roses can also be pruned now. Climbing roses that are repeat bloomers can be lightly pruned as well, but if your climber is one that only flowers once in the growing season, wait until after the last of its blossoms have faded away in the spring.
- ▶ Ornamental grasses such as northern sea oats, miscanthus, pampas grass and pennisetum have done their part



adding interest to the winter garden, but now is the time to get these lovelies ready for spring by pruning them back to 6 to 8 inches above the ground. Any seed heads still in good condition can be brought inside for use in dried arrangements. Low-growing grasses such as liriope and mondo grass will also benefit from being cut back now. Also, this is a good time to divide ornamental grass clumps and replant the divisions.

- ▶ If you love your fescue lawn, think of it on Valentine's Day, which will be a good time to give it a nutrient boost of lawn fertilizer at a rate of one pound of nitrogen per 1,000 square feet to get it ready for the spring growing season.
- ▶ Is creating a stone walk one of your late winter projects in the landscape? If you are using sand instead of mortar between the stones, include one extra step: before setting any stones and sand down, add a sheet of plastic weed block to the pathway to help cut down on unwanted plants coming up between the stones. Ditto for new paths built with bricks. 🍷

Timely Tip

Not only will birds be seen in your birdbath this winter, but if conditions are just right, you might also witness a phenomenon known as an ice spike. This happens when a shallow container of water, such as a birdbath, quickly freezes. Water freezes from the top down, and since this icing over can be uneven, a small hole on the surface is sometimes left. As the water continues to freeze, it expands, and some could be pushed through the hole, which, in very cold weather, then begins to build a hollow tube of ice that rises up at an angle. Eventually the hole freezes over, completing the ice spike and creating a Kodak moment.



L.A. Jackson

L.A. Jackson is the former editor of *Carolina Gardener Magazine*. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

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Making energy affordable in manufactured homes

Q: I live in a mobile home with extremely high utility bills. What can I do to lower my bills?

A: It is overwhelming to have astronomical utility bills for a modest home. Mobile homes—now called manufactured homes—became popular in the 1950s and remain popular today. Nearly 600,000 North Carolina households live in manufactured homes. For decades, federal regulations for manufactured homes have permitted fewer energy-efficient technologies—for insulation and windows to name a few—compared to site-built code-compliant homes. It is stressful to purchase a home and later learn that monthly energy bills are nowhere near affordable.

On the flip side, some manufacturers sell Energy Star-labeled homes that offer substantial savings on energy use. Manufactured homes are available across a wide spectrum, from compact and very affordable to multi-level houses with high-end features.

In a typical manufactured home, heating and cooling accounts for approximately 40 percent of the utility bills. There are two ways to limit this expense:

1. Reduce the amount of heated or cooled air escaping from your home.

This includes sealing HVAC ductwork with bucket mastic—goop with a peanut butter consistency. You also should seal holes that lead to the outside with caulk or foam. In double-wide or larger homes, the seam where the units are joined needs to be sealed, not just insulated. On manufactured homes with low-pitched roofs, weatherization crews have found that filling the tiny attic with dense pack insulation is a good way to limit air and heat loss. Consider replacing windows if they are drafty.

2. Improve the efficiency of your heating and cooling system.

If you are using electric strip heat, installing a ductless heat pump (see page 10) could be a vastly more affordable option. Look at fuel costs to help you decide between a gas furnace or an electric heat pump system.

Water heating chews up about 19 percent of a manufactured home's energy bill. Taking shorter showers and installing WaterSense-labeled showerheads that use less than two gallons per minute can save up to \$10 per year. When replacing the water heater, buy the most efficient one you can afford. Use cold water to wash your clothing when possible. When replacing the clothes washer, choose an Energy Star-labeled clothes washer since they use much less water and electricity.

Another energy drain is the refrigerator. Energystar.gov has a nifty webpage that will calculate the energy cost of your current refrigerator and how much can be saved by purchasing a new one. Alternatively, you can read the yellow Energy Guide that came with your refrigerator to compare its operating costs to other refrigerators.

The final category of home energy use is other appliances and lighting. These adjustments will make a noticeable difference in your bill. Turn off lights, televisions, computers, gaming consoles, fans, stereos and other electronics while they are not actively being used. CFL and LED light bulbs use about a quarter of the electricity compared to traditional incandescent light bulbs, so switch out your bulbs! 💡

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

See an illustrated guide to upgrading a manufactured home in the December 2014 issue of *Carolina Country* or at carolinacountry.com.

Technical information for upgrading manufactured homes can be found at sws.nrel.gov.

Assistance programs in North Carolina can help households transition from overwhelming utility bills to more energy-efficient technologies, such as Habitat for Humanity's Neighborhood Revitalization Initiative (located throughout the state), (800) HABITAT or habitat.org; and the North Carolina Housing Finance Agency at (919) 877-5700 to name a few.



Sealing your manufactured home, or mobile home, may take a few weekends and a few hundred dollars, but what you'll save on energy costs will be worth it.

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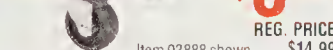


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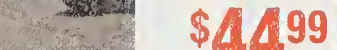
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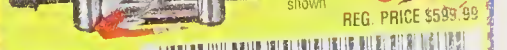
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Zone control

Automatic zone systems adjust temperatures of individual rooms

People often mention that one or more rooms in their homes are hotter or colder than other rooms. It's likely there's not a single home in the entire country that has even temperatures throughout all rooms. There are many factors that affect room air temperature, such as the length of ductwork, bends, orientation to the sun and the number of windows and exterior walls.

Items inside a room also affect the air temperature. For example, if you have a large TV in a small room, it can raise the room's temperature.

Actually, it is not desirable to have all the rooms at the same temperature. Depending upon the activity level in various rooms, a range of temperatures may be more comfortable for you and your family. Also, some people simply prefer to have it warmer or cooler.

Many homes contain a single furnace or heat pump. If you set the thermostat to keep the chilliest room warm, this results in many other rooms becoming too warm. A warmer house loses more heat, forcing the heating system to work harder.

Automatic zone control system

Installing an automatic zone control system is the best and most energy-efficient method to control individual room temperatures. A zone control system adjusts special duct dampers



This zone control thermostat is programmable and controls the temperature in one room or a group of rooms.

based upon the actual room temperatures and the desired temperatures.

Many homes have access only to main ducts that branch out to the individual rooms. In this case, the zone control system will control the temperatures in each room grouping, such as all the bedrooms, kitchen/dining areas and the living room. Although it is best to control each room independently, controlling just three or four zones is adequate for comfort and energy savings.

A programmable thermostat is mounted in each room or zone grouping to control the motorized duct damper leading to it. If the room is too warm during winter, the damper in the duct leading to that room partially closes. For example, a zone thermostat may continuously readjust the damper position as the intensity of the sun shining through a window changes

throughout the day.

The majority of the energy savings with an automatic zoning system is realized because each room's temperature can be varied as needed. There is no need to keep the living room warm overnight, for example.

Various designs

There are different designs of zoning dampers. They range from just a simple flat damper to bladders, which inflate with air to close off the ducts. They all function equally well. Adding a zoning system requires professional installation. Talk to a qualified technician about a system that would work best for your home. 

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

Resources

The following companies offer zoning systems:

Aprilaire
(800) 334-6011 aprilair.com

Arzel Zoning Technology
(800) 611-8312 arzel.com

Durodyne
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Tiramisu Toffee Torte

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|---|--|
| 1 package (18 ¼ ounces) white cake mix | ¾ cup sugar |
| 1 cup strong brewed coffee, room temperature | ⅓ cup chocolate syrup |
| 4 egg whites | 2 teaspoons vanilla extract |
| 4 Heath candy bars (1.4 ounces each), chopped | 2 cups heavy whipping cream |
| | 6 tablespoons strong brewed coffee, room temperature |
| | 1 Heath candy bar (1.4 ounces), chopped |

Frosting:

- 4 ounces cream cheese, softened

Line two greased 9-inch round baking pans with waxed paper and grease the paper; set aside. In a large bowl, combine the cake mix, coffee and egg whites; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in chopped candy bars.

Pour into prepared pans. Bake at 350 degrees for 25–30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing to wire racks to cool completely.

For frosting, in a large bowl, beat cream cheese and sugar until smooth. Beat in chocolate syrup and vanilla. Add the whipping cream. Beat on high speed until light and fluffy, about 5 minutes.

Cut each cake horizontally into two layers. Place bottom layer on a serving plate; drizzle with 2 tablespoons of the coffee. Spread with ¾ cup frosting. Repeat layers twice. Top with the remaining cake layer. Frost top and sides of cake with remaining frosting. Refrigerate overnight. Garnish with chopped candy bar.

Yield: 12–14 servings

Southwest Beef Stew

- 2 pounds lean ground beef
- 1½ cups chopped onions
- 1 can (28 ounces) diced tomatoes, undrained
- 1 package (16 ounces) frozen corn, thawed
- 1 can (15 ounces) black beans, rinsed and drained
- 1 cup picante sauce
- ¾ cup water
- 1 teaspoon ground cumin
- ¾ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ cup shredded cheddar cheese

In a Dutch oven, cook beef and onions over medium heat until meat is no longer pink; drain. Stir in the tomatoes, corn, beans, picante sauce, water, cumin, salt, garlic powder and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until corn is tender. Sprinkle with cheese.

Yield: 8 servings



Crunchy Candy Clusters

- 2 pounds white candy coating, coarsely chopped
- 1½ cups peanut butter
- ½ teaspoon almond extract, optional
- 4 cups Cap'n Crunch cereal
- 4 cups crisp rice cereal
- 4 cups miniature marshmallows



Place candy coating in a 5-quart slow cooker. Cover and cook on high for 1 hour. Add peanut butter. Stir in extract, if desired.

In a large bowl, combine the cereals and marshmallows. Stir in the peanut butter mixture until well coated. Drop by teaspoonfuls onto waxed paper. Let stand until set. Store at room temperature.

Yield: 6 ½ dozen

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From Your Kitchen

Hot Italian Sandwiches

- 6 hoagie rolls (or use hot dog rolls for less bread)
- 1 package (4-ounce) classic salami
- 1 package (4-ounce) classic pepperoni
- 1 package (9-ounce) deli-fresh smoked ham
- 24 slices thin-sliced mozzarella cheese
- ½ stick butter, softened
- 1 teaspoon dry Italian seasoning

Preheat oven to 350 degrees.

Mix butter and Italian seasoning. Evenly spread butter on inside of hoagie rolls (or bread of your choice). Layer 2 slices of each – mozzarella, salami, pepperoni and ham – and top with 2 more slices of mozzarella. (You can substitute your choice of meat and cheese.)

Once sandwiches are assembled, place into a large baking dish. Make sure they are tightly pressed together sideways with the open side facing up. Bake for 10 minutes for a hot melty sandwich or longer if you prefer a toasted sandwich.

Yield: 6 sandwiches

*This recipe comes from
Debby Wiggins of Wilmington.*

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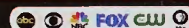


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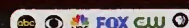
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